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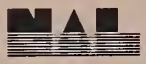
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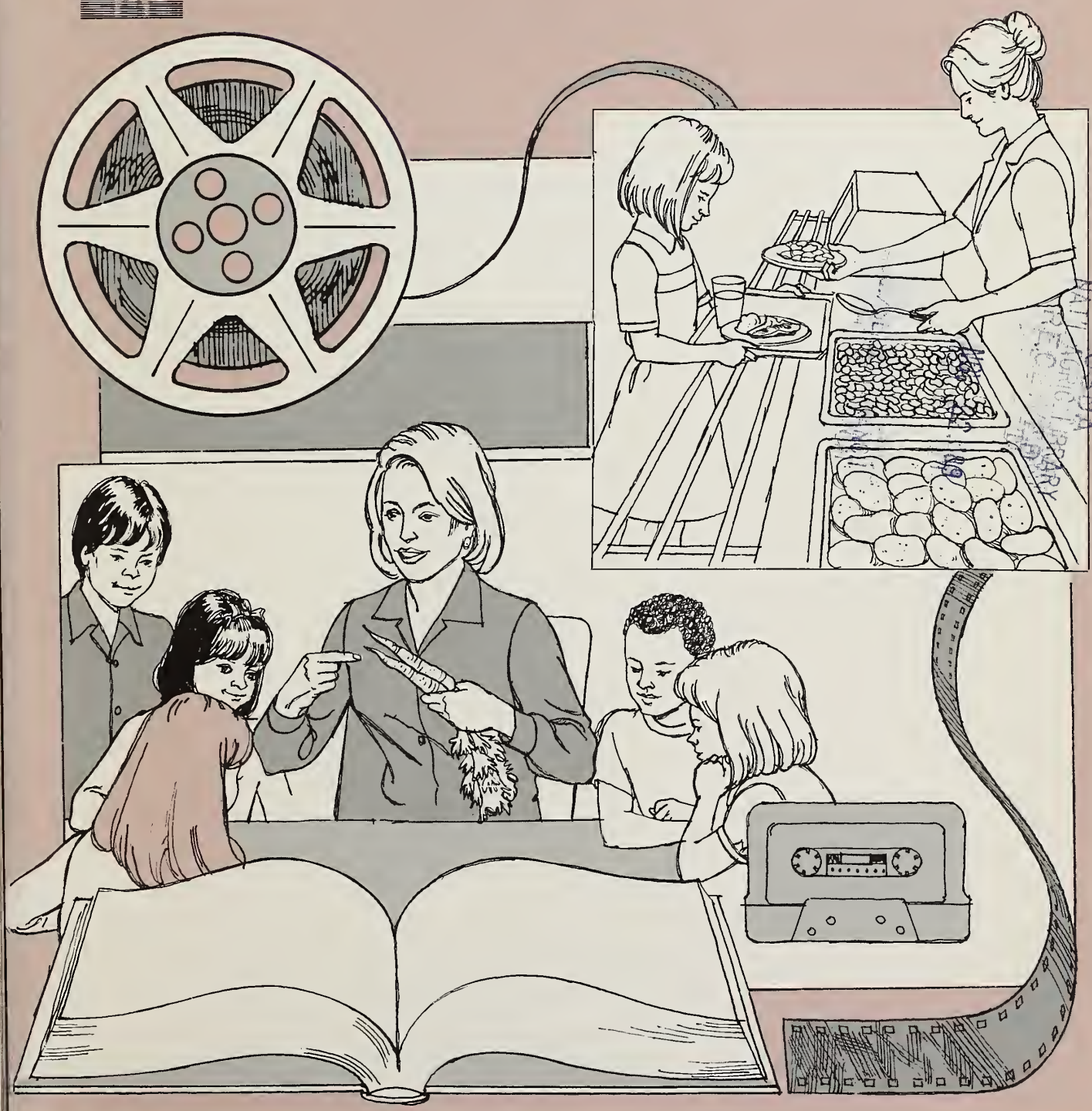
September 1989



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Promoting Nutrition Through Education:

A Resource Guide to the Nutrition Education and Training Program (NET) Supplement 1



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Promoting Nutrition Through Education:

A Resource Guide to the Nutrition Education and Training Program (NET) Supplement 1

Compiled and Edited by
Food and Nutrition
Information Center
National Agricultural Library

USDA, National Agricultural Library
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Beltsville, Maryland 20705

Preface

Since the publication of "Promoting Nutrition Through Education: A Resource Guide to the Nutrition Education and Training Program (NET)" in 1984, a number of additional items have been developed under Public Law 95-166, which established the NET Program as a component of the National School Lunch Program. The purpose of this updated volume is to make these new resources available to educators, health professionals and others who might find them useful. While some of the materials may be specific to certain geographic areas or school systems, their format, content or approach may be useful to those who are seeking similar resources.

The bibliography contains three major sections: Part I—MATERIALS DEVELOPED UNDER NET, Part II—LITERATURE CITATIONS CONCERNING NET, and Part III—UPDATES AND LATE ARRIVALS. Part I contains descriptive information on materials developed under NET funding. Each citation contains an abstract, format description, place of publication, source, and call number for the Food and Nutrition Information Center (FNIC) of the National Agricultural Library, the national depository for NET materials. All materials are in English unless noted. All items listed are available for loan from FNIC. When "FNIC" is listed as the source, the item is only available on loan from FNIC. The materials are grouped in nine chapters by audience level. Nutrition education materials are often difficult to categorize, so readers are encouraged to thoroughly explore this resource guide when looking for items—examining several likely chapters may enhance your results.

Part II contains citations from the literature regarding the NET Program. The first section, entitled "NET Planning, Evaluation, and Program Support," contains articles that provide planning suggestions and evaluation techniques, and evaluations of NET programs and projects. In the second section, "NET Program Descriptions," State and local programs are described along with their goals and accomplishments. The third section, "Application and Access to Resources," contains listings of nutrition education materials (some NET) which are available from a variety of sources.

Part III describes any changes that have been made in the source, price, etc., of items in the first edition of this bibliography. It also includes a listing of those materials received after the publication deadline. At the end of the bibliography are the name and address of each State's NET Coordinator, and several indexes to facilitate the identification of appropriate resources.

Inclusion of a publication in this bibliography, or in the FNIC collection, does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information in the publication. FNIC solicits contributions and information about nutrition education materials. Comments on this publication are welcome. An attached reader evaluation form is included on the last page.

Acknowledgments

I would like to acknowledge the contributions made by Martha A. Poolton, Ed.D., of USDA's Food and Nutrition Service, and assistance provided by the Regional and State NET Coordinators. Holly Berry Irving, M.S., R.D., and Natalie Updegrove, M.S., R.D., also made a significant contribution toward the development of this resource guide. Funding for this publication was provided by the Food and Nutrition Service, USDA.

Jim Krebs-Smith
Coordinator, Food and Nutrition Information Center
National Agricultural Library

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Part I

Materials Developed Under NET

Preschool and Lower Elementary Grades (K-3)

1. **Reading, writing & smoked salmon: Workbook for the Alaskan nutrition curriculum guide; Level 1, Grades 1-3** Juneau AK: Southeast Regional Resource Center. 1987

FORMAT: 16 p.

FNIC NO.: TX364.R43

SOURCE: FNIC

ABSTRACT: Learning activities to accompany the Alaskan Nutrition Education and Training Program Curriculum Guide for Grades 1-3 are presented in this workbook. Since activities were designed for different grade levels, teachers are encouraged to select those which are appropriate for their own students and to use them as individual exercises. Types of activities include coloring exercises, a word find, a crossword puzzle, food drawing activities, food group identification exercises, and a month-by-month height and weight connect-the-dot-chart.

DESCRIPTORS: Food habits; Reducing; Reference works; Workbooks; Elementary students; Learning activities

- 2.. **Vegetable flower, broccoli (Part of the Vegetables with good munch program)** Durham, NH: Nutrition at Work, University of New Hampshire. 1981

FORMAT: 4 p.

FNIC NO.: TX392.V376
F&N E-4550

SOURCE: FNIC

ABSTRACT: This teaching tool focuses on parts of vegetables that are eaten. The various components of a vegetable, i.e., flower, root, stems, fruit and leaves are illustrated. Broccoli flowers are compared to someone wearing a hat. A number of hats are shown and the students are asked to identify occupations associated with a specific type of hat, such as a chef's or police officer's cap.

DESCRIPTORS: Elementary education; Vegetables; Broccoli; Teaching materials; Educational games

3. **Nutrition education curriculum: Kindergarten curriculum, First grade curriculum, Second grade curriculum, Third grade curriculum** Little Rock, AR: The Arkansas Dept. of Education. 1980-83

FORMAT: 4 vols. with various pagers

FNIC NO.: LB1587.N8A7

SOURCE: FNIC

ABSTRACT: This four-volume nutrition education curriculum (K-grade 3) was developed to facilitate the incorporation of nutrition education activities within existing subject areas of instruction. Curriculum units have been designed for easy interpretation and utilization by teachers with or without previous training. The framework of all four sections is derived from six major concepts with expected outcomes. These concepts are: 1) food is essential for all living things, 2) nutrition is the food you eat and how the body uses it, 3) food is made up of different nutrients, 4) all persons throughout life need the same nutrients but in different amounts, 5) food production and sanitation affect food quality and 6) eating is a behavioral activity that affects individuals socially, emotionally and physiologically. For each concept, a subconcept, learner outcome, behavioral objective and measurement are identified. Learning activities, teacher, resources, supplementary materials and a selected bibliography are included for each grade level.

DESCRIPTORS: Teaching materials; Nutrition education; Kindergarten; Primary education; Elementary education; Foods; Nutrients; Food production; Sanitation

4. **Nutrition education, choose well, be well: A curriculum guide for preschool and kindergarten**
Sacramento, CA: California State Dept. of Education. 1982

FORMAT: 198 p. in various pagings

FNIC NO.: TX364.C473
F&N; E-3490

SOURCE: FNIC

ABSTRACT: A curriculum guide for preschool and kindergarten teaches children by using positive daily lunchroom experiences. These are reinforced by appropriate classroom activities. The value of a nutritionally adequate diet is presented. The curriculum is divided into two chapters. Chapter 1 introduces the reader to the curriculum and examines its goals and organization. Instructions on use are provided. The role of nutrition education and its relationship to health are explained. Parent, community, and food service involvement and teaching strategies are discussed. Chapter 2 contains 17 lessons. These lessons are designed to help students learn to make nutrition-related decisions. Procedures and necessary instructional materials for each lesson activity are provided, along with an objective and some key facts. Six appendixes are included, which cover such topics as proficiency levels for nutrition education, classroom food experiences, holiday foods, contact people and food service directors, and student materials which contain worksheets, puzzles, and games.

DESCRIPTORS: Instructional materials; Preschool education; Kindergarten; Curriculum; Classroom materials; Lesson plans; Learning activities

5. **Nutrition building blocks: North Carolina child care curriculum guide for nutrition and health**
Raleigh, NC: Dept. of Public Instruction, Division of Child Nutrition. 1984

FORMAT:
1 vol., loose-leaf

FNIC NO.: TX361.C5N87

SOURCE: Free single copy to NET Coordinators

ABSTRACT: The major food groups needed for good nutrition are presented in this child care curriculum guide for nutrition and health. The guide was adapted from a nutrition education manual designed by the Mississippi Nutrition Education and Training Program for their. The guide was developed for child day care centers, family day care homes, Head Start Centers, churches, social service departments, and schools responsible for teaching preschool and school-aged children about healthful food choices and the relationship between diet and health. The curriculum topics focus on the major food groups (breads and cereals, meats, milk and milk products, fruits and vegetables). A special "holidays" unit explores the relationship between specific foods and popular holidays (St. Patrick's Day, Easter, Halloween, Thanksgiving, Christmas, Hanukkah). Lesson plans include objectives, learning activities, required materials, and additional resources.

DESCRIPTORS: Reference works; Curriculum guides; Child care providers; Federal programs; Food groups; Learning activities

6. **Nutrition at work** Durham, NH:
University of New Hampshire. 1979

FORMAT: 1 videocassette
(50 min.); 3/4 in

FNIC NO.: TX401.N87 F&N AV

SOURCE: FNIC

ABSTRACT: In four segments this educational presentation discusses vegetables, where they come from and how they are grown. Puppets talk about vegetables and a young boy goes on a shopping trip with his mother. A school project that involves a second grade class and school cafeteria personnel in making a spinach salad and introducing it in the cafeteria is described. The children learn that the food tastes good and is nutritious. How salads and vegetables play an important part in providing vitamins and minerals necessary for growth is explained. Various nutrition education activities that incorporate a rainbow of vegetables are demonstrated.

DESCRIPTORS: Instructional media; Elementary grades; Vegetables; Food groups; Learning activities

7. **Nutrition education child care NET, Curriculum guide for nutrition education: Mississippi, Child Care Food Program**
Jackson, MS: Mississippi State Dept. of Education, Division of Administration and Finance, Child Nutrition Programs, Nutrition Education and Training Program. 1983

FORMAT: 1 guide, 11 pamphlets, 1 slide graph, 1 chart

FNIC NO.: F&N Kit No. 33

SOURCE: FNIC

ABSTRACT: Designed for a child care food program, this guide explores the basic four food groups by sections. Lesson objectives, each with several activities, are supported by extensive appendices clearly illustrating children's recipes, creative cooking techniques, appropriate songs, basic nutrition information, sugar contents of popular foods, and color cutouts for idea reinforcement. A healthy heart and holiday good food ideas are also included, along with suggested food program meal patterns. An extensive list of available audiovisuals is included.

DESCRIPTORS: Child care; Teaching materials; Lesson plans; Elementary education; Child nutrition

8. **Good food is fun**
Atlanta, GA: Nutrition Education Unit, Georgia Department of Education. 1982

FORMAT: 4 spirit masters, 4 filmstrips, 1 sound cassette, 1 double-sided sheet

FNIC NO.: F&N Kit No. 52

SOURCE: FNIC

ABSTRACT: Designed to give teachers of kindergarten children a plan for sharing with their students the principles of good nutrition and their relationship to human health, this learning center unit from the Georgia Nutrition Education Project contains a wide variety of nutrition experiences. Nutritious ways to have fun with food, processing and distribution of food, food preparation and the role of the food groups in supplying the body with energy comprise the topics addressed. The unit is accompanied by filmstrips, a cassette, activities suggestions and spirit duplicating masters. A chart showing behavioral objectives met by activities suggested and a nutrition reference chart are included.

DESCRIPTORS: Kindergarten

9. **Paseo en el globo de las meriendas (Visit to the world of snacks)**
Hato Rey, PR: Estado Libre Asociado de Puerto Rico, Departamento de Instruccion Publica. 1983

FORMAT: 11 p.

FNIC NO.: TX355.P3

SOURCE: FNIC

LANGUAGE: Spanish

ABSTRACT: This children's book and its accompanying materials are intended to teach Spanish-speaking youth in the first to third grades about the importance of eating nutritious snacks. A lesson guide for the instructor and pre- and post-tests for the students are included.

DESCRIPTORS: Elementary education; Snacks

10. **Nutrition activity cards for preschool teachers & cooks**
Bruneau, Connie
Bethel, AK: Association of Village Council Presidents, Developed through the Alaskan Nutrition Education and Training Program. 1983

FORMAT: 46 activity cards in binder

FNIC NO.: Graphic No. 125 F&N
SOURCE: FNIC

ABSTRACT: Designed for use in Alaskan Head Start programs, this book presents a variety of nutrition-related activities for teaching children that healthful eating is fun. Based on foods from the food groups, each activity card includes the objective, preparation, instruction, and illustrated suggestions for creating fun items out of whole foods, as well as needed materials and general group-related information. With emphasis on using native foodstuffs in teaching, health precautions related to many of these foods are addressed. Steps for teacher preparation for instructing children in cooking and good kitchen habits are included.

DESCRIPTORS: Activity books; Preschool education; American Indians; Food groups; Food art; Cooking methods; Food safety; Ethnic foods
11. **Good food for pre-schoolers, recipe cards**
Edmonds, Arline; graphics and illustrations by Penny Guerin
Storrs, CT: Connecticut Nutrition Education and Training Program. 1985

FORMAT: 9 recipe cards

FNIC NO.: TX361.C5G6

SOURCE: Publications, Department of Nutritional Sciences, 3624 Horsebarn Road, Ext., The University of Connecticut, Box U-17, Storrs, CT 06268.

Cost: \$5.00

ABSTRACT: Designed to creatively present good food to preschoolers, this compilation of recipe cards combines nutritious food with fun activities. Pears, apples, tofu, bananas, cheese, and squash are transformed into boats, mice, faces, candles, and other items children delight in. Appropriate rhymes are included.

DESCRIPTORS: Teaching materials; Children's cookbooks; Preschool education; Recipes
12. **Nutrition education for Head Start and day care teachers: A teacher's guide**
Ford, Willie D. and Bly, Lucille
Baton Rouge, LA: Louisiana State Dept. of Education, Bureau of Food and Nutrition Services. 1980

FORMAT: 214 p.

FNIC NO.: TX364.F61
SOURCE: FNIC

ABSTRACT: Both federally and State funded, this curriculum guide represents the efforts of many educators in Louisiana to provide nutrition education for Head Start and day care students. The lessons, compiled as independent experiences, emphasize food identification and food classification. Objectives, materials needed, teacher preparation, activities, vocabulary, letters to parents, resource materials, and other suggestions can be found within each lesson. Flannelboard cutout sheets are included.

DESCRIPTORS: Preschool education; Daycare; Head Start Program; Curriculum guides

13. Munch a bunch food fair (part of Florida nutrition education: A basic skills approach)

Knabb, Dee; Morningstar, Barbara; and Lombard, Susan
Tallahassee, FL: Florida Nutrition Education and Training Program, Florida Department of Education. 1987

FORMAT: 46 p. and 1 computer disk

FNIC NO.: TX364.K62 b 1987

SOURCE: Florida Department of Education, Knott Building, Tallahassee, FL 32306

ABSTRACT: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the kindergarten level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives of these lessons include: identifying foods and nonfoods; identifying specific fruits and vegetables; identifying seeds from certain fruits and vegetables; and explaining that water is important for plants to live and grow.

DESCRIPTORS: Kindergarten education; Computer-assisted instruction

14. The land of nutrition (part of Florida nutrition education: A basic skills approach)

Lombard, Susan; Knabb, Dee; and Morningstar, Barbara
Tallahassee, FL: Florida Nutrition Education and Training Program, Florida Department of Education. 1987

FORMAT: 75 p., 1 computer disk

FNIC NO.: TX364.L62 b 1987

SOURCE: Florida Department of Education, Knott Building, Tallahassee, FL 32306

ABSTRACT: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the grade 2 level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives of these lessons include: identifying sources of vitamin C; developing oral language skills by telling a story; identifying sources of calcium and iron; recognizing and naming the four food groups and foods belonging in each group, and learning about proper tooth care.

DESCRIPTORS: Elementary education; Computer-assisted instruction

15. The green thumb garden gang (part of Florida nutrition education: A basic skills approach)

Lombard, Susan; Morningstar, Barbara; and Knabb, Dee
Tallahassee, FL: Florida Nutrition Education and Training Program, Florida Department of Education, 1987

FORMAT: 70 p. and 2 computer disks

FNIC NO.:
TX364.L6 b 1987

SOURCE: Florida Department of Education, Knott Building, Tallahassee, FL 32306

ABSTRACT: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the grade 1 level. Computer software for an interactive educational program to be used in an Apple computer by the students is included. Objectives of these lessons include: identifying vegetables through verbal clues; learning foods that originate from poultry, pork and beef; identifying plant parts (roots, stems, leaves, fruits and seeds) and their functions; and learning the functions and sources of vitamin C.

DESCRIPTORS: Elementary education; Computer-assisted instruction

16. **Show-me healthy habits: A nutrition education curriculum or preschoolers**
Overmiller, Karen et al.
Jefferson City, MO: Nutrition Education and Training Program, Missouri Dept. of Health. 1986

FORMAT: 1 vol. with various pagings

FNIC NO.: TX361.C5S5

SOURCE: FNIC

ABSTRACT: This curriculum is centered around three principles: 1) nutrients are inside foods, 2) nutrients perform specific bodily functions and 3) individual and family patterns can be strengthened through behavior modification. Guided by the Healthy Habit Twins, the text covers several nutrition topics in individual mini lessons. Good health habits, nutrition for preschoolers and some major vitamins/minerals are sections taught by Nutri-letters and through activity guides. A knowledge/attitude survey to be taken by the child care provider is included.

DESCRIPTORS: Curriculum guides; Preschool education; Nutrient sources; Nutrition physiology; Behavior modification
17. **More than mud pies: A nutrition education curriculum for 3 to 5 year olds in day care centers and preschools**
Ruhnka, Sallie C.; Herde, Judith A.
Denver, CO: Mile High Child Care Association, The Colorado Child Care Coalition and The Colorado Dept. of Education. 1980

FORMAT: 105 p.

FNIC NO.: TX364.R78
F&N E-4470

SOURCE: FNIC

ABSTRACT: A curriculum guide for preschool and day care center staff provides guidelines for teaching nutrition principles to preschool children. A total of 52 lessons (usually each is on a single page) are divided into seasons, months and weeks, allowing the teaching staff to start at any point in the yearly calendar. The lessons are preceded by five preliminary lessons: personal cleanliness and health, four basic food groups, measuring methods, kitchen safety and reading a recipe. Each lesson includes an objective, a suggestion for parent involvement and directions for the activities. Nutrition information, recipes and games are given throughout the guide. Appended are on the nutritional needs of preschoolers, USDA child care food program nutrition requirements, a sample child care program menu and the cooking skills and abilities of preschoolers grouped by age.

DESCRIPTORS: Children; Cooking; Cookbooks; Teaching materials; Curriculum guides; Preschool education
18. **Spring forward with nutrition know-how: Bulletin board ideas with coordinated activities for grades K-3**
Westergaard, Arlen H. and Shoaf, Linda R.
Baton Rouge, LA: Louisiana Dept. of Education. 1980

FORMAT: 75 p.

FNIC NO.: TX364.W47 1980

SOURCE: FNIC

ABSTRACT: Food groups, nutrients, nutritious snacks, cafeteria specialties and holiday fare comprise the topics in this book of bulletin board displays designed to provide visual learning aids that actively involve students. In addition to the illustrated activities, lists of materials needed, learning activities, planning pointers, technique tips and artistic suggestions are included.

DESCRIPTORS: Teaching materials; Activity books; Elementary education; Bulletin boards

Upper Elementary Grades (3-6)

19. **Root vegetables, trash or treasure? (Part of the Vegetables with good munch program)**
Durham, NH: Nutrition at Work, University of New Hampshire. 1981
- FORMAT:** 1 game board + 96 trash or treasure cards
- FNIC NO.:** TX392.R66 F&N AV
- SOURCE:** FNIC
- ABSTRACT:** A teaching poster game focuses on root vegetables. The students are asked to name vegetables based on statements, to identify the part of the plant the vegetable comes from and what part of the plant is normally eaten. This game bears a resemblance to bingo.
- DESCRIPTORS:** Elementary education; Vegetables; Games; Teaching materials; Intermediate grades; Educational games
20. **Mission energy (part of Florida nutrition education: A basic skills approach)**
Lombard, Susan; Martz, Muriel; and Morningstar, Barbara
Tallahassee, FL: Florida Nutrition Education and Training Program, Florida Department of Education. 1987
- FORMAT:** 44 p. and 1 computer disk
- FNIC NO.:** TX364.L64 b 1987
- SOURCE:** Florida Department of Education, Knott Building, Tallahassee, FL 32306
- ABSTRACT:** This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grades 3-5. Computer software for an interactive educational program to be used in an Apple computer by the students is included. This unit reviews the four food groups, balanced meals and good eating manners. The students are introduced to six nutrients. The unit teaches the energy nutrients, micro-organisms, and that different activities require various amounts of energy.
- DESCRIPTORS:** Elementary education; Computer-assisted instruction
21. **Digestion journey (part of Florida nutrition education: A basic skills approach)**
Lombard, Susan; Knabb, Dee; and Morningstar, Barbara
Tallahassee, FL: Florida Nutrition Education and Training Program, Florida Department of Education. 1987
- FORMAT:** 21 p. and 3 computer disks
- FNIC NO.:** TX364.L66 b 1987
- SOURCE:** Florida Department of Education, Knott Building, Tallahassee, FL 32306
- ABSTRACT:** This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grades 3-5. Computer software for an interactive educational program to be used in an Apple computer by the students is included. This unit teaches the digestive process.
- DESCRIPTORS:** Elementary education; Computer-assisted instruction

22. **A nutrient dig (part of Florida nutrition education: A basic skills approach)**
Lombard, Susan; Martz, Muriel; and Morningstar, Barbara
Tallahassee, FL: Florida Nutrition Education and Training Program, Florida Department of Education.
1987

FORMAT: 41 p. and 2 computer disks

FNIC NO.:
TX364.L68 b 1987

SOURCE: Florida Department of Education, Knott Building,
Tallahassee, FL 32306

ABSTRACT: This elementary nutrition education curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grade 6. Computer software for an interactive educational program to be used in the Apple computer is included. This unit teaches the concept of calories. Students will learn about the caloric values of foods, how to maintain energy balance, and how to compute their own energy needs.

DESCRIPTORS: Elementary education; Computer-assisted instruction; Calories

23. **Camp calorie (part of Florida nutrition education: A basic skills approach)**
Lombard, Susan; Martz, Muriel; and Morningstar, Barbara
Tallahassee, FL: Florida Nutrition Education and Training Program, Florida Department of Education.
1987

FORMAT: 38 p. and 2 computer disks

FNIC NO.: TX364.L7 b 1987

SOURCE: Florida Department of Education, Knott Building,
Tallahassee, FL 32306

ABSTRACT: This elementary curriculum guide is intended to improve the instructional quality of nutrition education at the intermediate level, grades 3-5. Computer software for an interactive educational program to be used in an Apple computer by the students is included. This unit teaches the concept of nutrients. Students will learn about the kinds of nutrients and their functions as well as the best sources for each nutrient.

DESCRIPTORS: Elementary education; Computer-assisted instruction

**24. Nutrition in action, a creative
dramatics nutrition minicourse
for grades 4-6**

Mancinelli, Angela et al.
Storrs, CT: Dept. of Nutritional
Sciences, College of Agriculture
and Natural Resources, University
of Connecticut. 1983

FORMAT: 1 portfolio
with approx. 65 p.

FNIC NO.: TX364.N7

SOURCE: CNETP Publications,
Department of Nutritional Sciences,
3624 Horsebarn Road, Ext., The
University of Connecticut, Box U-17,
Storrs, CT 06268

Cost: \$5.00.

ABSTRACT: "Nutrition in Action" is a creative dramatic nutrition minicourse for elementary school children, grades 4 - 6. The program consists of 10, 30-45 minute lessons designed for use in the science and health curriculums. It provides an introduction to body functions as they pertain to eating and nutrient utilization. The major topics covered in the program include: the food sources and functions of protein, iron, and vitamin C; and the importance of breakfast. Knowledge-retention tests are included in the program.

DESCRIPTORS: Teaching materials; Curriculum guides; Primary education; Protein requirement; Ascorbic acid; Iron

**25. Breakfasteam: Starting your day
the fitness way!; a nutrition and
fitness education program for 5th
and 6th grade elementary
students**

Ryan, Louise B.; Gacoin, Linda T.
Storrs, CT: Connecticut Nutrition
Education and Training Program.
c1987

FORMAT: 1 vol. loose-leaf

FNIC NO.: TX361.C5R9

SOURCE: CNEETP Publications,
Department of Nutritional Sciences,
3624 Horsebarn Road, Ext., The
University of Connecticut, Box U-17,
Storrs, CT 066268.

Cost: \$5.00

ABSTRACT: The importance of eating a good breakfast and exercising regularly is emphasized in this nutrition and fitness education program for fifth and sixth grade students. The integrated program involves students, parents, teachers, food service personnel, physical education staff, and health educators. Objectives of the program include: 1) increasing the number of students who eat breakfast, 2) increasing students' physical activity level, and, 3) increasing students' ability to make healthful food choices. It consists of 10 lessons that include various games, contests, experiments, food and exercise records, growth charts, recipes, exercise ideas, and demonstrations which teachers can adapt to their specific learning situations. Activities are designed to help students develop skills in writing, mathematics, science, art, social studies, physical fitness, teamwork, and communication. After each lesson, students complete a newsletter that informs their families about their progress. Winner coupons, certificates and other incentives are included to encourage students. Pre- and post-tests are provided to measure changes in students' attitudes and habits.

DESCRIPTORS: Teaching materials; Elementary education; Curriculum guides; Lesson plans; Fitness; Breakfast; Learning activities

Secondary Education (7-12)

26. **Nutrition discoveries, a resource for teachers of seventh grade science**
Raleigh, NC: Nutrition Education Training Program, Division of Child Nutrition, North Carolina Dept. of Public Instruction. 1982

FORMAT: 47 p.

FNIC NO.: TX364.N7782
F&N E-4503

SOURCE: Free single copy to NET Coordinators

ABSTRACT: Student activities developed for the nutrition component of a seventh grade science curriculum are presented. This guide was designed to assist teachers and uses locally and regionally available resources. This teacher resource package supports the competency goals and performance indicators of the science curriculum. There are nine sections, including the digestive tract, the food chain, and the adaptable human. For each activity the following is stated: competency goal; objective; brief description; materials needed; and teacher instructions, which include introduction, activities and discussion questions.

DESCRIPTORS: Curriculum; Learning; Teaching materials; Intermediate grades; Curriculum guides; Science education

27. **Food, fitness and you**
Atlanta, GA: Nutrition Education Unit, Georgia Dept. of Education. 1982

FORMAT: 4 filmstrips (13 fr. each); 35 mm. + 1 sound cassette (27min.) + teachers guide + spirit masters

FNIC NO.: TX361.Y6F66
F&N AV

SOURCE: FNIC

ABSTRACT: A six unit learning activity package designed for secondary school students illustrates various aspects of the relationship between nutrition and fitness. Designed primarily to supplement physical education unit on physical fitness, this unit can also be used in health, social studies, language arts, home economics, and consumer education. The unit has three goals: 1) to provide practical information on food and physical activity; 2) to instill positive attitudes about physical activity and food habits; and 3) to help with decision-making skills that promote healthful lifestyles. The six units are "Food, Fitness and You"; "Food Facts"; "Changing Fitness Needs"; "Pros and Cons of Food and Fitness"; "Personal Eating and Activity Patterns"; and "Choice and Commitment." Each unit contains objectives, background information and suggested teaching method. Filmstrips and an audiocassette are included along with spirit masters. A nutrition reference sheet contains six charts: nutrient functions & food sources; basic five food groups; height and weight by age and sex; 1980 RDA's, a chart on caloric values; and a chart on caloric output of various activities.

DESCRIPTORS: Instructional media; Lesson plans; Secondary grades; Nutrition information; Physical fitness; Physical activities

28. **Something's cooking: A nutrition education program for grades 6-8 (Part of Project TEEN)**
Yanceyville, NC: Caswell County Schools, Food Service Division. 1980

FORMAT: 6 p.

FNIC NO.: TX364.P7675
F&N C-2535

SOURCE: FNIC

ABSTRACT: A description of "Project TEEN" is given to advise students, teachers, and parents of the activities and goals of a school-based community program for preparing teenagers to assume responsibility for their health and nutritional status. The program operates by establishing a viable health and nutrition education curriculum in junior high schools. Project TEEN incorporates: needs assessment, a curriculum plan with multimedia materials and a youth advisory council; inservice training and curriculum materials; and a nutrition and health resources and services guide for teachers and foodservice managers. The program also involves community forums and take-home nutrition materials for parents.

DESCRIPTORS: Reference materials; Health education; Adolescents (12-19 years); Curriculum development; Nutrition programs; Basic nutrition facts

29. **Project TEEN curriculum guide for teachers**
Yanceyville, NC: Caswell County Schools, Food Service Division. 1981

FORMAT: 29 p.

FNIC NO.: TX364.P7672
F&N E-4214

SOURCE: FNIC

ABSTRACT: A curriculum guide (for 6th-8th grade) designed to improve the health, physical fitness, and nutritional status of students incorporates nutrition education into the areas of math, science, social studies, and reading. Teachers can select strategies appropriate for individual students and relevant to the "Competency Goals and Performance Indicators" for grades 6-8 (Caswell County, NC). Process skills are included to give students a variety of thinking and learning experiences (e.g., process skill: use of numbers; example, computation of RDA). The competency goals are based on four principles which are incorporated into the curriculum. Creative and innovative ideas which can be applied in an interdisciplinary setting are provided.

DESCRIPTORS: Instructional materials; Curriculum guides; Teaching guides; Adolescents (12-19 years); Competency based education

30. **Project TEEN guide to nutrition and nutrition-related health services**
Yanceyville, NC: Caswell County Schools, Food Service Division. 1979

FORMAT: 47 p.

FNIC NO.: TX364.P7673
F&N C-2533

SOURCE: FNIC

ABSTRACT: A directory of nutrition and nutrition related health services available in Caswell County (NC) is provided for teachers and students. Twenty-six local and area agencies are listed (e.g., The Alamance-Caswell Mental Health and Retardation Center, The Caswell County Agriculture Extension Service). Information provided includes: name of the organization; address; telephone; director; contact; services and/or programs; eligibility; area served; application procedures; fees; source of financial support; and resources.

DESCRIPTORS: Instructional materials; Teacher education; Directories; Community action; Community nutrition; Community programs; Community health services

31. **The Wally Botkin show, Nutrition on parade!**
Atlanta, GA: Georgia Nutrition Education and Training Program, Distributed by Georgia Educational Media Services. 1985

FORMAT: 4 videocassettes (U-matic, 112 min.); 3/4 in. + 1 study guide

FNIC NO.: Videocassette No. 187
F&N

SOURCE: FNIC

ABSTRACT: Presented in a four-part tape series, this show takes the viewer through the transformation of show host Wally from an unhealthy man to a strong advocate of good nutrition, exercise and other practices leading to disease prevention. Facts about such issues as sugar consumption and hyperactivity, fat consumption, the benefits of high carbohydrate diets, vitamin supplements, salt and caffeine consumption, exercise programs and other health-related topics are discussed in talk shows, cooking shows and dreams. The book accompanying the tapes reinforces and expands upon the nutrition and health information presented in the shows. Activity sheets for self-evaluation are included, along with a reference list and glossary.

DESCRIPTORS: Audiovisual aids; Secondary education; Health education; Macronutrients; Nutrient sources; Junk food; Food fads; Supplements; Exercise; Preventive nutrition

- 32.. **Nutrition education resource package: A resource for teachers of junior high school health education**
 Raleigh, NC: Nutrition Education Training (NET) Program, Division of Child Health, North Carolina Dept. of Public Instruction. 1985
- FORMAT:** 123 p.
- FNIC NO.:** TX364.N862
- SOURCE:** Free single copy to NET Coordinators
- ABSTRACT:** Nutrition education resources designed for use by education teachers at the junior high school level are presented. Background information for lesson plans presented in a question and answer format, and a variety of classroom activities are organized around four major competency goals: 1) to identify the nutritional value of each food group, 2) to understand the effect of nutrient deficiency on the human body, 3) to learn the components of a well-balanced diet, and 4) to achieve and maintain a desirable weight. Classroom activity sheets include objectives, a brief description, a list of necessary materials, the time requirement, instructions to the teacher, and discussion questions. Student handouts accompany several learning activities. Activities are designed to encourage students to examine a situation, study available resources, and make their own conclusions.
- DESCRIPTORS:** Reference works; Secondary education; Resource materials; Learning experiences; Health education; Food groups; Nutrient deficiencies; Weight control
33. **Take control: Manage your weight to look good and feel great**
 Raleigh, NC: North Carolina Dept. of Public Instruction, Division of Child Nutrition. 1984
- FORMAT:** 2 booklets; 4 folders
- FNIC NO.:** TX364.T3
- SOURCE:** FNIC
- ABSTRACT:** This curriculum guide provides teachers, guidance counselors and school food service managers with a tool to aid students in the development of appropriate weight management skills. The guide includes background information, daily lesson plans, suggested activities and learning experiences, and suggestions of uses and sources for a variety of resources that might be used in the teaching of weight control skills. These materials are intended for secondary school students.
- DESCRIPTORS:** Weight control: Physical fitness
34. **Chew for two: Nutrition education for pregnant teenagers**
 Baltimore, MD: Maryland State Department of Education, Nutrition and Transportation Services Office, Program Assistance and Monitoring Section. 1988
- FORMAT:** 90 p.
- FNIC NO.:** RG559.C4
- SOURCE:** FNIC
- ABSTRACT:** This nutrition education resource unit is intended to assist teachers, food service personnel, and others who work with pregnant teens in instructing pregnant teenagers about nutrition. This resource unit contains a variety of materials including instructor's guidelines, lesson plans, student handouts, and information about films, filmstrips, and computer programs related to the topic of pregnancy.
- DESCRIPTORS:** Teenage pregnancy

35. **Good nutrition, better health
(Buena alimentacion, mejor salud)**

San Juan, PR: Mario Viguie. 1986
presented by El Departamento de
Instruccion Publica, Division de
Comedores Escolares, Programa
de Educacion en Nutricion y
Adiestramiento)

FORMAT: 1 videocassette
(3/4", 60 min.) and accompanying
materials

FNIC NO.: Videocassette No. 429

SOURCE: FNIC

LANGUAGE: Spanish

ABSTRACT: This Spanish language video provides advice to teenagers about good nutrition habits. Concentrating on foods found in Caribbean diets, the video discusses the four food groups and recommends a balanced diet to maintain health.

DESCRIPTORS: Teenagers; Nutrition requirements

36. **Teens, foods, fitness & sports: A
manual for school personnel**

Anderson, John J.B. Hastedt,
Priscilla et al.
Raleigh, NC: Dept. of Public
Instruction, Division of Child
Nutrition. 1982

FORMAT: 226 p.

FNIC NO.: TX361.A8A6

SOURCE: Free single
copy to NET Coordinators

ABSTRACT: This curriculum guide provides secondary school educators and cafeteria managers with a framework of nutrition knowledge, teaching strategies and evaluation techniques to increase the knowledge of nutrition among high school students in North Carolina. Coverage includes: 1) nutrition conditioning; 2) nutrient requirements during adolescence; 3) adolescent food habits; 4) energy expenditure in physical activity; 5) assessment of individual food habits and nutrient intake; 6) athletes' special nutrition issues; 7) eating and exercising; 8) major nutrients' functions and sources; 9) energy expenditure in various activities; 10) food composition table; 11) nutritive value of fast food items; 12) recommended references; 13) audiovisual aids and resources; 14) and a key to test items. Illustrations and a glossary are included.

DESCRIPTORS: Curriculum guides; Secondary education;
Adolescents; Fitness; Athletics

37. **Charting a healthier course for
the adolescent at risk of
substance abuse**

Bevino, Jennifer; Hayes, Jane;
Peterzen, D. Majken; and Barrow,
Carla
Tallahassee, FL: State of Florida,
Department of State. 1988

FORMAT: 179 p.

FNIC NO.: HV4999.Y68C4

SOURCE: FNIC

ABSTRACT: The purpose of this resource guide is to assist the health educator in teaching students the benefits of good health habits versus the harmful effect of alcohol and drugs on their mental and physical health. This guide presents the latest information on nutrition and substance abuse, data on anabolic-androgenic steroids and their effects on adolescent athletes, and many educational activities for use in the classroom. The resource guide intends to inform youth at risk about the dangers of substance abuse. An extensive list of resources for additional materials and information is included.

DESCRIPTORS: Substance abuse; Teaching materials

38. North Carolina agribusiness industry: A resource for teachers of eighth grade social studies

Blake, Peggy
Raleigh, NC: Division of Child Nutrition, North Carolina Dept. of Public Instruction, 1982

FORMAT: 25 p.

FNIC NO.: HD9007.N6B4

SOURCE: Single free copy to NET Coordinators

ABSTRACT: Activities in this reference work for eighth grade social studies teachers are intended to reinforce the competency, goals and performance indicators for the social studies curriculum. Activities are intended to lead the student to understand the economic issues, trends and political impact of North Carolina's agricultural industry. Coverage includes: 1) social studies competency goals, 2) North Carolina's top ranking products, 3) history of sweet potatoes, 4) early settlers in North Carolina, 5) changes between 1776 and 1850 affecting agribusiness, and 6) supply and demand principles applied to agribusiness. The issues involved in beginning a food-selling business are presented by the development of a board game that helps students gain familiarity with economic factors that affect agricultural production. A list of resources available from regional centers is included.

DESCRIPTORS: Teaching materials; Curriculum guides; Intermediate grades; Agribusiness; Social sciences; North Carolina

39. Nutrition issues and the political process: A resource for teachers of ninth grade social studies

Blake, Peggy
Raleigh, NC: Division of Child Nutrition, North Carolina Dept. of Public Instruction. 1982

FORMAT: 40 p.

FNIC NO.: TX360.U52N6

SOURCE: Single copy free to NET Coordinators

ABSTRACT: This curriculum guide is intended to assist ninth grade social studies teachers in reinforcing the competency goals and performance indicators in the government and economic portions of the social studies curriculum. Activities are intended to allow students to creatively explore the interweaving network of economic, political and cultural factors which determine the types of food in the marketplace and therefore affect eating habits. Coverage includes: 1) social studies competency goals; 2) a pretest and answer key; 3) strategies of public and private sectors to influence food selection; 4) use of labels; 5) role of food additives; and 6) influence of food beliefs.

DESCRIPTORS: Teaching materials; Curriculum guides; Intermediate grades; Political systems; Economic systems; Food beliefs

40. Nutrition in developing countries: A resource for teachers of seventh grade social studies

Blake, Peggy
Raleigh, NC: Nutrition Education and Training Program, Division of Child Nutrition, North Carolina Department of Public Instruction. 1982

FORMAT: 47 p.

FNIC NO.: TX360.5.N8

SOURCE: FNIC

ABSTRACT: This publication is intended to help seventh grade social studies teachers educate children about the economic, political, and nutritional impact that food or the lack of food has on developing countries. Discussions include: social studies competency goals; world hunger; student activities; how food handling affects nutrient content; decision making; and U.S involvement. This document contains a list of related resources that are available from regional contacts.

DESCRIPTORS: Hunger; Malnutrition; Developing countries; Teaching materials; Intermediate grades

41. **Trim teens, a weight management program for grades 7-12 teachers' guide**
Dunn, Sylvia H. et al.
Baton Rouge, LA: Bureau of Food and Nutrition Services, Louisiana Dept. of Education. 1980
- FORMAT:** 1 vol. with various pagings
- FNIC NO.:** TX361.Y6D8
- SOURCE:** FNIC
- ABSTRACT:** Developed as a tool for health teachers to aid students in the development of skills necessary for weight management, this unit for middle/high school students incorporates the weight management approaches of moderate diet/ exercise. Divided into seven topic areas, each topic area's lesson plan includes an objective, teacher information, student activity, and resources. Fad diets, food groups, energy balance, and exercise programs comprise some of the topics addressed. Student handouts are included.
- DESCRIPTORS:** Teaching materials; Curriculum guides; Intermediate education; Secondary education; Weight control; Food groups
42. **Nutrition in teenage pregnancy: A curriculum guide**
Gans, Dian
Madison, WI: Wisconsin Dept. of Public Instruction. 1983
- FORMAT:** 171 p. + 1 booklet
- FNIC NO.:** TX361.P7G26 F&N B-3707
- SOURCE:** Publications, Wisconsin Department of Public Instruction, 125 S. Webster Street, Box 7841, Madison, WI 53707.
- Cost:** \$14.40.
- ABSTRACT:** A curriculum guide composed of 13 lessons for pregnant teenagers is presented. The guide is designed to introduce nutrition through formatted activities which allow the teacher flexibility to address specific needs. The program can be integrated into other disciplines (e.g., language, spelling, home economics). The introductory lesson helps teachers assess the current level of nutrition knowledge the students have (included are a review of basic nutrition concepts, a pretest for lessons 1-13, and a student learning preference sheet). Lessons 1-9 explore the pregnant teenager's nutrition requirements. Lessons 10-13 discuss nutritional requirements during lactation and infant feeding. Each lesson contains: a focus statement, behavioral objectives, teacher notes, references, suggested activities, and supplementary materials. The appendix contains: an annotated bibliography; audio-visual aids; reprinted articles of special interest; and a food composition table.
- DESCRIPTORS:** Instructional materials; Secondary grades; Curriculum guides; Pregnant adolescents; Pregnancy and nutrition; Lesson plans; Learning activities; Teaching guides
43. **Adolescent nutrition: Special concerns (anorexia nervosa, adolescent pregnancy, overweight) and nutrition services for teens**
Kalina, Barbara
St. Paul, MN: Minnesota Dept. of Education. 1984
- FORMAT:** 19 p.
- FNIC NO.:** TX361.Y6K34 F&N E-4449
- SOURCE:** FNIC
- ABSTRACT:** Nutrition topics that concern adolescents discussed: anorexia nervosa, adolescent pregnancy and overweight. Anorexia nervosa, is described, a case study is presented, common behavior patterns are listed along with common physical and mental changes that occur, and treatment is discussed. The section on adolescent pregnancy begins with a case study, then discusses health complications common to teenage pregnancies, presents guidelines to select needed nutrients, and gives a recommended food guide for daily eating. Problems that overweight teenagers experience are discussed. A case study is presented, reasons for overweight are discussed, how to determine appropriate weight for height is discussed, energy requirements for specific age groups are given, five popular weight loss diets are evaluated and the components of a safe and effective diet are listed.
- DESCRIPTORS:** Instructional materials; Adolescents (12-19 years); Pregnant adolescents; Eating disorders; Anorexia nervosa; Overweight

44. **Tennessee educates for nutrition now: Nutrition education instructional plan (grades 10-12)**
Miller, Sandra W.
Nashville, TN: Tennessee State Department of Education. 1984

FORMAT: 294 p.

FNIC NO.: TX364.M5

SOURCE: FNIC

ABSTRACT: This publication is intended to aid teachers in the incorporation of nutrition education in the school curriculum for tenth-twelfth grades. This manual represents level IV of the sequential framework for nutrition education which has been identified for Tennessee children, preschool through grade 12. The goal of these materials is to help students learn the basic principles of nutrition so that they will understand the important relationship between nutrition and health and will increase skill in solving food and nutrition-related problems.

DESCRIPTORS: Instructional materials; Secondary education

45. **Eat for good health = Ta'umafa mo lou soifua maloina—Tips for teachers, food service personnel and administrators**
Pritchard, Fa'aluaina
Pago Pago, American Samoa; Nutrition Education and Training Program, Dept. of Education, American Samoa. 1983

FORMAT: 51 p

FNIC NO.: TX355.P68
F&N E-4508

SOURCE: FNIC

LANGUAGE: Samoan/English

ABSTRACT: Guidelines for providing nutrition education to junior and senior high school children, nutrition facts, and projects are included in a handbook with calendars covering the Fall 1983-Spring 1984 school year, nutrient charts, and other nutritional information. Information also is included for low-, medium-, and high-calorie food servings for each of five basic food groups. The material is arranged to provide a continual progression of nutrition facts to the students over the full school year. Some information is provided in the Samoan language.

DESCRIPTORS: Basic nutrition facts; Curriculum; Nutritional value; Teaching materials; Secondary education

46. **Nutrition for the health of it: Nutrition activities for the Home Economics classroom**
Baltimore, MD: Maryland State Dept. of Education, Nutrition Education and Training Program. 1984

FORMAT: 145 p.

FNIC NO.: TX364.N89

SOURCE: FNIC

ABSTRACT: Composed of instructional activities gathered from around the Nation, this compilation is designed to assist in nutrition education in home economics classrooms. The activities, consisting of puzzles, word games, questionnaires, factsheets, stories and other innovative teaching aids are meant to be incorporated into existing courses of study. Personal food habits, fast foods, snacks, athletes and nutrition, anorexia/bulimia, food fads/myths, convenience foods, calories/energy balance, and nutrients in foods are topics addressed by the activities handouts. A resource list for curriculum/activity guides and audiovisual aids is included.

DESCRIPTORS: Diet; Teaching materials; Activity books; Secondary education; Snacks; Anorexia nervosa; Bulimia; Fast foods; Food preferences; Nutrient sources; Food groups; Food fads; Weight control; Exercise

Multilevel Education (K-6, K-12, etc.)

47. **Calcium sources: Why needed?**
Pago Pago, American Samoa:
American Samoa Nutrition
Education and Training Program.
198

FORMAT: 1 poster

FNIC NO.: Graphic
No. 21 F&N

SOURCE: FNIC

ABSTRACT: The larger titles of this poster read "Calcium sources" and "Why needed?". It identifies dietary sources of calcium with colorful drawings of various foods. Three functions of calcium, detailed in smaller, but easy-to-read print, are: 1) to build bones and teeth; 2) to help blood clot; and 3) to help nerves, muscles, and the heart to function properly.

DESCRIPTORS: Audiovisual aids; Intermediate grades; Secondary education; Calcium; Nutrient contents; Posters

48. **Connecticut nutrition curriculum, grades 1-6**
Storrs, CT: Connecticut State
Board of Education, University of
Connecticut. 1984

FORMAT: 1 vol.,
loose-leaf

FNIC NO.: TX364.C66

SOURCE: Publications, Department
of Nutritional Sciences, 3624
Horsebarn Road, Ext., The
University of Connecticut, Box U-17,
Storrs, CT 06268.

Cost: \$30.00

ABSTRACT: A complete nutrition education curriculum that uses a nutrient approach to teach elementary students was developed by the Connecticut Nutrition Education and Training Program. The curriculum consists of two series of lessons designed and adapted for three educational levels: grades 1 and 2, grades 3 and 4, and grades 5 and 6. Each series of lessons uses a team of cartoon characters to introduce basic nutrition concepts and explain the role that individual nutrients play in good health. Series I examines the functions and sources of calcium, vitamin A, and vitamin C; it also introduces the components of school lunch. Series II discusses the function and sources of iron, protein, and energy; it also addresses breakfast and snacking issues. Classroom learning activities (games, puzzles, tasting parties, puppets, stories, discussions) reinforce newly introduced concepts. Factsheets provide teachers with information about each nutrient. In addition, the guide includes suggestions for specific instructional objectives, lesson plan development and content, and learning activities and materials. Testing instruments, and instructions on how to administer and evaluate them, are provided for all three educational levels.

DESCRIPTORS: Teaching materials; Elementary education; Curriculum guides; Nutrients; School lunches; Snacks; Learning activities

49. **Nutrition education and training program**
Benicia, CA: Benicia Unified School
District. 1980

FORMAT: 1 vol., with various
pagings

FNIC NO.: TX364.N8

SOURCE: FNIC

ABSTRACT: Extensive information and guidelines about nutrition education are presented in this set of manuals. This nutrition education program was developed by the Benicia Unified School District of Benicia, California. The program is designed to increase nutrition knowledge, develop positive food habits, and encourage nutritious food selections. This set of manuals includes: a coordinator's component; parent component; teacher manual; and curriculum guides for first through third grade, fourth through sixth grade, and kindergarten. Diagrams, exercises, and sample charts are included.

DESCRIPTORS: Teaching materials; Elementary education; Lesson plans; Curriculum guides

50. **Curriculum guide: An integrated inter-disciplinary approach for health, nutrition education, physical education, mental health, drug education, economics, safety** (part of Project TEEN)
Yanceyville, NC: Caswell County Schools, Food Service Division. 1981

FORMAT: 186 p.

FNIC NO.: TX364.P767 F&N B-3494

SOURCE: FNIC

ABSTRACT: A multigrade curriculum guide provides an inter-disciplinary approach to health and nutrition education, physical education, mental health, drug education, economics, and safety for school children from kindergarten through senior high school. The guide includes key concepts for each of four grade groups (kindergarten through grade 3; grades 4-6; grades 7-8; grades 9-12), and incorporates mathematics, science, language arts, and social studies. Various process skills (e.g. for observing, classifying, computing, communicating, measuring, predicting, inferring, and interpreting) have been included to expose students in each grade group to a variety of thinking and learning experiences. Teachers can select topical teaching strategies from the appropriate levels to meet the needs of individuals in the class. A listing of appropriate kits, games, cookbooks, Time-Life Series books, curriculum guides (and other teacher resource materials), texts, and audiovisual materials, is appended.

DESCRIPTORS: Nutrition education; Health education; Mental health; Drugs; Socioeconomic status; Safety; Teaching materials; Elementary education; Secondary education; Curriculum guides

51. **Nutrition education activities for teaching about—**
Bismarck, ND: Nutrition Education and Training Program, Child Nutrition and Food Distribution Programs, Department of Public Instruction, State Capitol. 1987

FORMAT: 10 vols.

FNIC NO.: TX364.T41

SOURCE: NET Program, Child Nutrition and Food Distribution Programs, Department of Public Instruction, State Capitol—11th Floor, 600 E. Boulevard Ave., Bismarck, ND 58505-0440

Cost: \$20.00 for the 10 volume set

ABSTRACT: These 10 nutrition education activity sets were developed for the primary, intermediate and junior high levels and designed to supplement the teacher inservice modules "Teaching nutrition." Each activity set corresponds to the nutrition topic covered in one module of the "Teaching nutrition" set. The activity sets provide hands-on classroom materials for teaching nutrition, and every set has selected concepts and objectives for the nutrition topic it covers.

DESCRIPTORS: Teaching materials

52. **Nutritious seasonal snacks: Fall, winter, spring, summer**
Charleston, WV: West Virginia Dept. of Education, Child Nutrition Division. 1985 (1987 printing)

FORMAT: 14 p.

FNIC NO.: TX361.C5N82

SOURCE: FNIC

ABSTRACT: Various nutritious, easy-to-prepare snack recipes are introduced in this bulletin from the West Virginia Department of Education, Child Nutrition Division. The benefits of snacking and the importance of both what and when in healthful snacking are discussed. Recipes are grouped by season: fall, winter, spring, and summer. Sample recipes include personal pizzas, TV snacks, nifty nachos, popcorn munchies, peanut butter fondue, holly cookies, fruit dip, crunchy banana pops, and minikabobs.

DESCRIPTORS: Popular works; Snacks; Children; Recipes

53. **Munchies minus mom, a collection of healthy snacks and meals compiled especially for sitters or latch key kids**
Charleston, WV: West Virginia Dept. of Education, Child Nutrition Division. 1987

FORMAT: 14 p.

FNIC NO.: TX370.M85

SOURCE: Limited copies available from West Virginia NET program

ABSTRACT: This cookbook contains a collection of easy and healthful snacks and meals for babysitters and children alone at home ("latchkey children"). Recipe ideas include "apple smiles," beef and cheese log, graham cracker sandwiches, and strawberry cheesecake sandwiches. Meal suggestions such as chicken, tuna salad, waffles, etc., are described. Microwave cooking menus are also included.

DESCRIPTORS: Popular works; Snacks; Latchkey children; Recipes

54. **Teaching teens to teach nutrition in grades 1-6: A cross-age approach to nutrition**
Storrs, CT: Connecticut Nutrition Education and Training Program. 1979

FORMAT: 2 vols.(series I and II)

FNIC NO.: TX364.T45

SOURCE: CNETP Publications, Department of Nutritional Sciences, 3624 Horsebarn Rd. Ext., The University of Connecticut, Box U-17, Storrs, CT 06268.

Cost: \$30.00

ABSTRACT: Handouts, games, recipe charts, poster, cutouts, and puzzles all help to convey lesson ideas about school lunches, calcium, and vitamins A and C. They also describe ideas about breakfast, protein, iron, snacks, and the concepts of energy and calories from food. Designed so that teens can teach, each lesson is divided into a purpose outline, learning experiences/activities, materials needed, handouts, and suggestions for reinforcement of the lesson. Each lesson is further divided into grade levels. In addition, a review of the previous lesson is included with each lesson. Concluding the minicourse is a section for staff on how to teach teens to teach.

DESCRIPTORS: Teaching materials; Lesson plans; Elementary education; School lunches; Calcium; Ascorbic acid; Vitamin A; Posters

55. **Teen teacher lesson plan (All grades)**
Storrs, CT: Connecticut Nutrition Education and Training Program. 1979
- FORMAT:** 1 vol. with various pagings
- FNIC NO.:** TX364.T44
- SOURCE:** FNIC
- ABSTRACT:** Stories, games, cutouts, posters, and recipe charts all help to convey lesson ideas about school lunches, calcium, and vitamins A and C. Designed so that teens can teach the course, each lesson contains a purpose outline, learning experiences/activities, materials needed, handouts, and suggestions for reinforcement of the lesson. Pre/post tests for the teen teachers are included along with the guidelines to help prepare them for teaching.
- DESCRIPTORS:** Teaching materials; Lesson plans; Elementary education; Calcium; Vitamin A; Ascorbic acid; School lunches; Posters; Student participation; Adolescents
56. **Every day, eat the four food group way—Caribbean style!**
Charlotte Amalie, VI: Virgin Islands Nutrition Education and Training Program, Child Nutrition Programs, Department of Education. 1987
- FORMAT:** 1 poster
- FNIC NO.:** Graphic No. 88 F&N
- SOURCE:** State Office of Child Nutrition Programs, Department of Education, 44-46 Kongens Gade, Charlotte Amalie, VI 00802.
- Cost:** Single copy free to NET Coordinators.
- ABSTRACT:** Designed for use in the Virgin Islands Nutrition Education and Training Program, this colorful poster depicts the four foods groups using both commercial and indigenous foods. Squid, mangoes, goat milk, and other tropical fare are mingled with cans of tuna, dried beans, commercial cereal, and other universally eaten items.
- DESCRIPTORS:** Virgin Islands; Food groups
57. **Growing up healthy**
Atlanta, GA: Nutrition Education Unit, Georgia Department of Education. 1982
- FORMAT:** 6 activity masters, 1 wall chart, 1 poster, 10 transparencies, 1 chart
- FNIC NO.:** F & N Kit No. 50
- SOURCE:** FNIC
- ABSTRACT:** This nutrition education program was developed by the Georgia Nutrition Education and Training project for school food and nutrition personnel to use with grades K-8. The program was designed to teach students about food and nutrition, promote a positive attitude toward food and health, and develop decision-making skills regarding healthy food choices. The program consists of three lesson plans (K-2, 3-5, 6-8) that cover topics such as major nutrients and their functions, the basic food groups, nutritious snacks, the role of diet in good health, school food service, and other types of food service facilities. Learning activities presented in the lesson plans include a tour of the school food service facilities, various menu planning and preparation activities, and a variety of other games and exercises. Additional program materials include a wall chart and set of cutouts introducing the Dietary Guidelines for Americans, activity masters for reproducibles, a facilitator's guide with step-by-step directions for conducting the lesson plans, and a reference sheet with background information.
- DESCRIPTORS:** Curriculum guides; Learning activities

58. **Cooking In the classroom**
East Orange, NJ: Nutrition
Education and Training Program.
1985

FORMAT: 40 p.

FNIC NO.: TX661.C6

SOURCE: FNIC

ABSTRACT: This workbook is intended to encourage and assist teachers in using cooking in the classroom to teach about nutrition and health. Information is provided on organizing and preparing to cook in the classroom in addition to the educational benefits that can be expected to accrue to the students. A large selection of recipes is included.

DESCRIPTORS: Cooking; Recipes; Teaching materials

59. **Vamos de compra: Libro para colorear**
Santurce, PR: Estado
Libre Asociado de Puerto Rico,
Departamento de Instruccion
Publica, Division de Comedores
Escolares. 1985

FORMAT: 19 p.

FNIC NO.: TX355.V3

SOURCE: FNIC

LANGUAGE: Spanish

ABSTRACT: The basic food groups are introduced in Spanish in this coloring/activity book for elementary students from the Department of Public Instruction in Puerto Rico. Through a family shopping trip to the supermarket, children learn about five major food groups: dairy products; fruit; meats, eggs and legumes; vegetables; and breads and cereals. In addition to drawings for children to color, the activity book includes a crossword puzzle identifying popular fruits, and a fill-in-the-blank exercise identifying dairy products. Descriptions and nutrition information are provided for selected food items. Pre- and post-tests accompany the activity book.

DESCRIPTORS: Spanish; Elementary grades; Coloring book

60. **Food and nutrition curriculum examples**
Arnsdorf, Ellen
St. Paul, MN: Minnesota State
Department of Education. 1986

FORMAT: 345 p.

FNIC NO.: TX364.A7

SOURCE: FNIC

ABSTRACT: Two food and nutrition curriculum examples, "Conflicting Information About Food and Nutrition" and "The Sociocultural Perspective of Food and Diet," are presented in this guide from the Minnesota Department of Education. Curriculum examples use a structured learning process to help students develop the knowledge and problem-solving skills to make healthy food choices for themselves and their families. Curriculum examples are written at two levels; the introductory level is appropriate for grades 5 through 9 and the advanced level is designed for grades 10 through 12. Student support materials and teacher resource materials are provided for each level of each curriculum. A user's guide defines key terms, identifies important themes, and explains the reasoning process used throughout the curriculum examples. Appendixes present 1) the Minnesota Secondary Vocational Home Economics Problem-Posing Curriculum Model, 2) practical perennial and related problems in food and nutrition, 3) a teacher assessment instrument for examining students' practical reasoning skills, 4) criteria for identifying significant practical perennial problems of the home and family, and 5) questions to assist in the identification, clarification, and definition of practical perennial problems.

DESCRIPTORS: Home economics; Teaching materials; Secondary education; Intermediate grades

61. **Nutrition through the arts: A guide for teachers**
Brandt, Gail; Fenton, Pricilla;
Gaskill, Elizabeth; illustrated by Kate
Allen; calligraphy by David
Ohannesian; drawings by students
of Clover Park Elementary Schools,
Tacoma WA.
Tacoma, WA: Nutrition Education
Training Program. 1980

FORMAT: 80 p.

FNIC NO.: TX361.C5B7 1980

SOURCE: FNIC

ABSTRACT: An innovative approach to teaching nutrition using various art forms is introduced in this guide. Objectives and art activities for the curriculum were the outgrowth of a 1-week workshop for participating nutritionists, artists, and teachers. Information from the experiences and evaluations of over 100 education personnel who pilot-tested the program have been incorporated. The curriculum was designed for use as an adjunct to the comprehensive State nutrition curriculum and focuses on three aspects of nutrition: culture/ environment, energy, and decisionmaking. Art forms utilized in the curriculum include drama, music, dance, and visual and literary arts. Presented for each grade from kindergarten through grade 6 are: 1) student learning objectives, 2) key terms, 3) lesson plans (i.e. objectives, materials, duration, procedures), 4) nutrition background information, 5) tasting experiences, 6) resources, and 7) evaluation suggestions. Numerous hand-drawn illustrations supplement the text. Nutrition references and arts references are provided in a bibliography.

DESCRIPTORS: Teaching materials; Curriculum guides; Elementary education; Arts; Culture; Decision making

62. **Nutrition education:
An integrated multidisciplinary
approach; Nutrition education for
early childhood K-4, Nutrition
education for middle grades 5-8,
Nutrition education for
secondary grades 9-12**
Brown, Frieda F.
Atlanta, GA: Georgia Dept. of
Education, Nutrition Education and
Training Program. 1984

FORMAT: 3 vols. with various
pagings

FNIC NO.: TX364.B7

SOURCE: FNIC

ABSTRACT: Guided by goals of developing positive food attitudes, suitable eating patterns and decision-making skills relative to good nutrition practices, this nutrition education program for Georgia public schools is divided into three parts. Grades K-4 focus on understanding basic nutrition concepts, food preparation/handling, menu planning and how nutrients affect physical and mental health. Grades 5-8 focus on specific information of nutrients, cultural food habits and contributing factors to food waste in the United States. Grades 9-12 focus on nutrition in a more scientific manner with a greater emphasis on the relationship between nutrition and health. Each unit for each level is clearly defined by objectives and includes a variety of activity sheets and resource references. Parent, teacher and library materials and references are also included.

DESCRIPTORS: Teaching materials; Curriculum guides; Elementary education; Intermediate education; Secondary education; Health education

63. **Eat for health**
Cornford, Mary
Flint, MI: Genesee Intermediate
School District. c1983
- FORMAT:** 1 computer disk (5 1/4 in.) + manual
- FNIC NO.:** QA76.8.A6624E2
- SOURCE:** Genesee Intermediate
School District, 2413 West Maple,
Flint, MI 48507
- Cost:** \$40.00

ABSTRACT: Students in grades 5-8 and adults can learn the difference between the nutritional content of their diet and their daily nutrient needs. Five hundred seventy-five foods are analyzed for 16 nutritional components. The nutrients provided by the foods in the student's diet are compared to the RDA. A bar graph illustrates this concept. Students need to code their food selections from the manual before using the program. Suggested food sources for nutrients lacking in the student's diet are given. The manual contains a pre/post test, a resource list, a sample parent letter, a food record worksheet, numerous resource materials and suggested followup activities.

DESCRIPTORS: Computer software; Intermediate grades; Secondary education; Consumer education; Diet analysis

64. **Instructions for a classroom cooking cart**
(Part of Target Nutrition: Nutrition Education Tactics)
Croce, Angela Lattuca; Hope, Patricia
San Diego, CA: San Diego City Schools. 1980
- FORMAT:** 5 p.
- FNIC NO.:** TX364.C747
F&N E-4468
- SOURCE:** FNIC

ABSTRACT: A guide for putting together a cooking cart which can be used for nutrition education activities is presented for teachers from prekindergarten through sixth grade. Simplified instructions for building the cart using school equipment are provided. The materials required are a wooden, 2-student school desk and four wheels (the prototype used wheels from an old audiovisual cart). Type of equipment and utensils needed are recommended. Illustrations show how the cart should be assembled and set up both on lower and upper shelves along with how the storage area and cooking utensils are to be kept.

DESCRIPTORS: Equipment; Charts; Teaching materials; Cooking

65. **Let's cook at Holmes**
(Part of Target Nutrition: Nutrition Education Tactics)
Croce, Angela Lattuca; Hope, Patricia; recipes tested by the students of Holmes Elementary School
San Diego, CA: San Diego City Schools. 1980
- FORMAT:** 28 p.
- FNIC NO.:** TX364.C748
F&N E-4469
- SOURCE:** FNIC

ABSTRACT: A recipe book presents ideas to teach individualized cooking experiences in the pre-K to grade 6 classroom. Twenty-two recipes were prepared and tested at Holmes Elementary School. The recipes, which are designed to teach both cooking and reading skills, contain a number of one-step sentences. Line drawings illustrate recipe ingredients and what is to be done with them (e.g., whole and sliced tomatoes are shown together). The instructions can be used with or without the illustrations. Activity guides with nutrition lessons for specific grade levels have been designed to accompany the recipes.

DESCRIPTORS: Children; Recipes; Cookbooks; Preschool education; Teaching materials; Activity books; Primary grades

- 66. The cafeteria: A learning laboratory**
Dunn, Sylvia H.; Trivette, Carolyn T.
Baton Rouge, LA: Bureau of Food and Nutrition Services, Louisiana State Dept. of Education. 1981
- FORMAT:** Approx. 16 p.
- FNIC NO.:** TX364.D8
- SOURCE:** FNIC
- ABSTRACT:** By coordinating nutrition concepts from the classroom with activities in the cafeteria, food service managers and teachers can utilize the school cafeteria as a learning laboratory for students. This unit, designed for grades K-12, addresses topics of balanced meals/diet, cultural choices, weight management, nutritious foods, taste panels, food preference surveys, and enrichment activities. Basic introductions to food are topics for grades K-3. With emphasis on teamwork between teachers and food service managers, each unit identifies student objectives, pre-preparation, teacher information, food service information, student activities and resources.
- DESCRIPTORS:** Teaching materials; Curriculum guides; Elementary education; Intermediate education; Secondary education; Food preparation; Taste panel; Weight control; Student participation
- 67. LIFE: Living instruction in food education nutrition project**
Kiefer, Mary Jane Moore et al.
San Juan, CA: San Juan Unified School District. 1987
- FORMAT:** 1 vol. loose-leaf, 5 modules with various pagings + 25 sheets
- FNIC NO.:** TX364.S2
- SOURCE:** FNIC
- ABSTRACT:** Five nutrition concept areas (food choices, factors influencing food choices, consumer competencies, food-related careers, food handling) of the Health Instruction Framework for California provide the philosophy and structure for this self-contained educational curriculum. Experience-oriented activities encourage the formation of positive food attitudes and flexible eating habits and encourage the practice of good consumer nutrition. Lesson plans, supplemented by teacher information and student activity materials, may be used to teach math, science and language skills and are divided into three grade sections: preschool and kindergarten, grades 1-3 and 4-6. Each lesson plan includes the objective, background information, a variety of learning activities for each grade level, reinforcement activities, estimates of time and materials needed and evaluation techniques. The Materials section includes parent letters, handouts, worksheets, puppets, ideas for bulletin boards and a resource list.
- DESCRIPTORS:** Audiovisual aids; Elementary education; Curriculum guides; Food habits; Consumer information; Teaching methods
- 68. Nutrition in health: An instructional package for grades K-6**
Koeppel, Karen
Madison, WI: Wisconsin Dept. of Public Instruction. 1983
- FORMAT:** 333 p.
- FNIC NO.:** TX364.K6 1983
F&N B-3706
- SOURCE:** Publications, Wisconsin Department of Public Instruction, 125 S. Webster Street, Box 7841, Madison, WI 53707.
- Cost:** \$14.40.
- ABSTRACT:** To help children make informed food choices and be responsible for their personal nutritional health; a revised instructional package integrates nutrition education (K-6) into the major health education areas: mental health, physical health, safety, and community health. Sixty-one lessons (at least five for each grade) contain activities that are written in a structured fashion (e.g., what kind of foods do you eat for snacks) and measurable objectives to evaluate learning (e.g., concept of a nutritious snack). Materials include recipe cards, student worksheets; handouts, parent letters, and supplementary references. Concepts and generalizations are provided for teachers who want to create their own lessons.
- DESCRIPTORS:** Instructional materials; Elementary grades; Health education; Food habits; Nutritional requirements

69. **Food tasting party: A manual for managers**
Parnell, Barbara
Baton Rouge, LA: State
Department of Education, Bureau of
Food and Nutrition Services. 1987
- FORMAT:** 15 p.
- FNIC NO.:** TX364.P3
- SOURCE:** FNIC
- ABSTRACT:** Tasting parties in the schools can be an excellent way for students to apply nutrition knowledge they have learned and to be introduced to new foods. To assist classroom teachers and food service managers in coordinating tasting parties, this manual sets forth guidelines to consider, particulars of planning and conducting tasting parties, and specific foods for menu planning. Each menu item considered includes preparation instructions, serving arrangement, and purchasing information. General food purchasing and accountability information is included.
- DESCRIPTORS:** Teaching materials; Activity books; Elementary education; Parties; Food preparation; Food purchasing
70. **Food for thought: sample curriculum infusion guide for nutrition education grades K-12**
Ribble-Modjeski, Amy
San Antonio, TX: Education Service Center, Region 20. 1979
- FORMAT:** 2 vols., loose-leaf
- FNIC NO.:** TX364.F64
- SOURCE:** FNIC
- ABSTRACT:** This curriculum was developed to assist school districts in the implementation of a program of nutrition education. Forty units have been developed for grades K-12. Didactic materials, activity instructions, student worksheets, examinations and answer keys are included with each unit. The curriculum is organized around a framework of seven concepts developed at the 1969 White House Conference on Foods, Nutrition, and Health.
- DESCRIPTORS:** Curriculum guides; Nutrition, study and teaching
71. **Nutrition in the basics: An integrated nutrition education curriculum based on the dietary guidelines**
Sandoval, Wendy; Lockner, Donna; Buck, Laurie; and Mark, Donna
Santa Fe, NM: Nutrition Education and Training Program, Nutrition Bureau, Public Health Div., Health and Environment Dept., State of New Mexico. 1988
- FORMAT:** 1 vol. (loose-leaf)
- FNIC NO.:** TX364.N864
- SOURCE:** FNIC
- ABSTRACT:** This curriculum guide is intended to provide educators with materials for the teaching of nutrition in the elementary grades (K-5). The five dietary guidelines targeted in this curriculum are: eat a variety of foods; avoid too much fat, saturated fat, and cholesterol; eat foods with adequate starch and fiber; avoid too much sugar; avoid too much sodium. The nutrition education in this guide is integrated with the disciplines of language arts, math, science, social studies, music and art. A skills index is provided.
- DESCRIPTORS:** Elementary education; Curriculum guides

Special Education

72. **Nutrition education resource manual**
Baltimore, MD: Maryland School for the Blind. 1981

FORMAT: 1 vol. with various pagings

FNIC NO.: TX364.N794
F&N B-3659

SOURCE: FNIC

ABSTRACT: A resource manual designed to provide a sequenced and comprehensive nutrition education program for blind students, to help assess and develop independent living skills, and to help prepare blind students to work in food-and nutrition-related areas is presented. There are 8 color-coded chapters that each discuss a specific subject (e.g., food awareness, factors affecting food choices) plus a resource chapter. Each chapter contains suggested areas in which to integrate the subject matter (e.g., language arts), the concept, objectives, suggested activities, evaluation, and resources.

DESCRIPTORS: Instructional materials; Elementary grades; Visually handicapped; Curriculum; Curriculum guides; Lesson plans

73. **NutrImania**
Annapolis, MD: Nutrition and Transportation Office of the Maryland State Department of Education. 1986

FORMAT: 1 case

FNIC NO.: TX364.N75

SOURCE: FNIC

ABSTRACT: Basic nutrition concepts and principles are presented in this nutrition education module developed by the Maryland State Department of Education for use in residential child care institutions (RCCI). The module was designed to help residents develop skills needed to 1) make healthful food choices, 2) make informed food purchases, 3) follow recipes, 4) prepare meals within budget constraints, 5) retain the nutrient content of foods during preparation, and 6) understand product labeling information. Module categories and topics include 1) managing your meals—menu planning, food sources of nutrients, nutrient preservation, food purchasing; 2) the social science of food-food and social issues, food and politics, the business of food, food and economics; 3) health and science — nutrient functions and requirements, fitness and exercise; and 4) “it ain’t necessarily so”—advertising claims, fast food facts, fad diets, nutrition misinformation.

DESCRIPTORS: Curriculum guides; Handicapped children

74. **Nutrition and feeding for the developmentally disabled: A how-to manual**
Heinrichs, Eberhard; Rokusek, Cecilia
Sioux Falls, SD: South Dakota University Affiliated Faculty, Center for the Developmentally Disabled, University of South Dakota School of Medicine. 1985

FORMAT: 154 p.

FNIC NO.: TX361.H35H4

SOURCE: FNIC

ABSTRACT: An interdisciplinary approach to meeting the nutrition and feeding needs of the developmentally disabled is described in this “how to” manual from the South Dakota Department of Education. The following are addressed: 1) nutritional needs of developmentally disabled children, 2) management of special situations (underweight, overweight, lack of appetite, refusal to eat, inability to self-feed, gagging, vomiting, acute and chronic bowel problems), 3) abnormal motor patterns affecting feeding and mealtime behavior, 4) oral-dental health for the developmentally disabled, and 5) the impact of drugs on nutrition. The manual was designed for use by school lunch personnel; special education teachers; nurses; physicians; dietitians; physical, speech, and occupational therapists; and psychologists working together within the same school system. Service agencies, volunteer organizations, health resources, and additional informational materials are identified. An extensive bibliography and glossary of key terms are also provided.

DESCRIPTORS: Nutritional requirements; Feeding; Guidelines; Development; Disorders; Interdisciplinary approach; Handicapped children

75. **Fun food experiences for preschool children with handicaps**
Mosiman, Joyce
Jefferson City, MO: Missouri
Division of Health. 198

FORMAT: 97 p.

FNIC NO.: TX355.M6

SOURCE: FNIC

ABSTRACT: This preschool curriculum is designed to present foods in an interesting and fun way to handicapped children in order to ensure that the children are eating a healthy diet and to avoid food waste and unpleasant confrontations at mealtime. The focus is on color, texture, smell, how it grows, preparing the food and tasting. The central theme is that the foods presented are good for them and will help them feel good. This manual includes 12 lesson plans, suggestions for numerous reinforcing activities and some modification ideas for children with handicaps.

DESCRIPTORS: Handicapped children; Preschool

76. **Introduction to fact sheets for children with special nutritional and feeding needs**
Vanous, Ellen; Barrett, June
Atlanta, GA: Georgia Dept. of
Education. 1981

FORMAT: 1 vol., loose-leaf

FNIC NO.: aRJ53.D53V36

SOURCE: FNIC

ABSTRACT: Feeding and nutrition problems of children are addressed in this series of factsheets developed for care givers in residential child care institutions. The series was developed by the Department of Community Health Nutrition at Georgia State University, with funding from the Nutrition Education and Training Program of the U.S. Department of Agriculture. Factsheets were designed to: 1) provide a basic understanding of each problem; 2) offer guidance for implementing USDA meal patterns appropriate for special nutritional and physical needs; and 3) identify more comprehensive references for information on a specific problem. Topics examined in the individual factsheets include developmental disabilities (i.e., difficulty with swallowing, chewing, blindness, deafness, food allergy, hyperkinesis, obesity, diabetes mellitus, vegetarianism, and adolescent pregnancy).

DESCRIPTORS: Reference works; Educational resources; Children; Feeding; Nutrition; Development; Disorders; Food allergies; Obesity; Diabetes

Child Care Workers

77. Lesson plans for day care center workshops

Storrs, CT: Connecticut Nutrition Education and Training Program. 1979

FORMAT: 1 portfolio

FNIC NO.: TX364.L42

SOURCE: FNIC

ABSTRACT: Lesson plans for 3-day care center workshops and a food fair evaluation are outlined. Workshops are designed to: 1) help day care staff plan menus for young children, 2) increase their knowledge of nutrient functions and food sources of iron, calcium, vitamin A, vitamin C, and 3) help them recognize their ability to influence children's food choices. Objectives, learning experiences, and educational materials (visuals, handouts, other resources) are listed for each workshop lesson plan. Accompanying materials in the resource packet include: 1) a food buying guide for child care centers, 2) a portion control guide to supplement food buying, 3) worksheets and good food source lists for selected nutrients, 4) suggested menus and meal patterns for young children, 5) factsheets for handling food safely and nutrient preservation, 6) snack recipes, and 7) sketches of fruit and vegetables characters (Peter Pepper, Tammy Tomato, Betty Broccoli, Carol Cantaloupe).

DESCRIPTORS: Lesson plans; Day care centers; Workshops; Learning activities

78. Off to a good start for family day care

Austin, TX: Texas Dept. of Human Resources, Nutrition Education and Training Program. 1986?

FORMAT: 1 vol., with various pagings

FNIC NO.: TX361.C5044

SOURCE: FNIC

ABSTRACT: The objectives of this program are: 1) to inform day care providers about the importance of nutrition and health; and 2) to discuss practical ways to use this nutrition information and to utilize basic nutrition information in menu planning. Goals set forth for the program participants include: 1) to recognize children's diet-related health problems; 2) to use the basic four food groups to plan meals; and 3) to practice guidelines at meals which can affect children's eating habits. A description of the nutrients and their functions, guidelines for healthful food patterns, common nutritional problems of young children, required amounts of food to serve to children, a menu planning checklist, and important things to remember at mealtime are provided as handouts. Activities such as word scrambles, word match-ups, and menu planning are given. The appendixes include various activities for children, information about the NET library and information on purchasing materials.

DESCRIPTORS: Teaching materials; Professional education; Child day care; Menu planning

79. Child care comprehensive training program

Charleston, WV: West Virginia Department of Education, Child Division, Nutrition Education and Training Program. 1987

FORMAT: 1 vol.

FNIC NO.: RJ206.C4

SOURCE: FNIC

ABSTRACT: This publication supplies materials for training in nutrition and meal planning for child care meal providers. The nutritional requirements of children and the corresponding serving sizes of various foods are discussed. Teaching plans for a variety of activities in teaching nutrition and meal planning concepts are provided.

DESCRIPTORS: Child nutrition; Meal patterns

80. **Nutrition education for child care: A training program in three modules**
Harms, Thelma et al.
Raleigh, NC: North Carolina Dept. of Public Instruction, Division of Child Nutrition. 1980
- FORMAT:** 560 p.
- FNIC NO.:** TX361.C5N84
- SOURCE:** FNIC
- ABSTRACT:** This manual provides supportive teaching materials for the group leader of the child care nutrition education program. The manual has two sections. The first section introduces the purpose of the training materials, gives an overview of their content and format, and provides general information about planning, conducting, and evaluating training with these materials. The second section contains copies of the flip charts in reduced form, handouts and handout sources for the group participants, activities to do with children, newsletters for parents, as well as additional references for the trainer.
- DESCRIPTORS:** Child care services; Teaching materials; Child nutrition; Nutrition programs; Flipcharts
81. **Living & teaching nutrition: An in-service training guide/ training module for child care staff and parents**
McLaughlin, Elaine Casserly;
Goldsmith, Nancy; Pizzolongo, Peter
College Park, MD: Head Start and Resource Training Center, University of Maryland, University College. 1983
- FORMAT:** 1 vol. with various pagings
- FNIC NO.:** TX364.L54 1983
F&N E-4261
- SOURCE:** FNIC
- ABSTRACT:** This workshop training guide on nutritional aspects of child care outlines nine sessions. Topics include: 1) dietary guidelines for Americans, 2) U.S. food attitudes and habits, 3) choosing nutritious foods economically, 4) fresh fruits and vegetables, 5) excess sugar and dental caries, 6) planning menus and snacks, 7) family-style eating, and 8) cooking experiences and nutrition activities for young children. Each session presents basic nutrition facts through background information, activities, and supplemental materials (e.g., audiovisuals). Numerous flip charts and handout masters assist in providing nutrition education to both operating staff of child care centers and parents.
- DESCRIPTORS:** Instructional materials; Preschool education; Teaching guides; Child nutrition; Child care workers; Child care centers; Parental influence
82. **Family day care nutrition education modules**
Bush, Judith; McDevitt, Ellen;
Marple, Sylvia H.; Dawson, Hannelore
Durham, NH: School for Lifelong Learning, Thompson School of Applied Science, University System of NH 1979
- FORMAT:** 1 vol., 4 modules with various pagings
- FNIC NO.:** TX364.B87
F&N B-4325
- SOURCE:** FNIC
- ABSTRACT:** The basics of good nutrition, menu planning, food preparation techniques, shopping and budgeting tips, and recipes are a few components of this nutrition module for day care providers. The patterns used for planning day care meals and snacks is outlined, specifying the amounts of different types of foods needed for children of various ages. Suggestions are provided for tailoring meals and snacks to children's likes and needs and for increasing children's involvement in planning and preparing foods. Beginning food preparation activities, safety rules, and planning strategies are discussed. Recipes are included for soups, main dishes, dips, and "dippers." Additional topics discussed are health foods, "natural" foods, food additives, and meat alternates. Informative charts and tables are included on topics such as 1) the sugar content of selected foods, 2) uses of common food additives, 3) recipe ingredient substitutions, and 4) shopping alternatives to supermarkets. A list of additional resources is included.
- DESCRIPTORS:** Nutrition education; Child feeding; Meal patterns; Food preferences; Shopping; Meals; Snacks; Day care; Cooking; Recipes; Teaching materials; Teacher education

Food Service Training

83. **Food service workshop for private schools and RCCIs**
Austin, TX: Texas Dept. of Human Resources, The Nutrition Education and Training Program. 1984-85

FORMAT: 3 vols. + 1 chart

FNIC NO.: TX911.3.P46F6

SOURCE: FNIC

ABSTRACT: The principles of menu planning and the use of the Food Buying Guide for Child Nutrition Programs are the focus of a workshop provided by the Nutrition Education and Training (NET) Program of the Texas Department of Human Resources. The workshop is designed for food service personnel who purchase food or plan menus for nonprofit private schools or residential child care institutions that participate in the USDA Child Care Food Program. Workshop participant packets include a workbook of learning exercises and handouts that illustrate how: 1) to develop menus that meet basic menu planning guidelines (nutrient requirements, basic four food groups, USDA regulations) and 2) to use the Food Buying Guide to calculate appropriate amounts of food to purchase in recipes prepared for school food service. Additional resource materials provided to participants include a manual from the Child Nutrition Forum, "Doing More with Less," that explores the following ways of reducing costs in school nutrition programs: 1) collective purchasing, 2) use of USDA commodities, 3) innovative menu planning, 4) computers, 5) increasing student participation, 6) improving the school lunch image, and 7) expanding the support network.

DESCRIPTORS: School lunchrooms; Cafeterias; Workshops; Resource materials; Menu planning; Food purchasing; School food service; Residential child care institutions

84. **Planning nutritious snacks**
Austin, TX: Texas Dept. of Human Services, The Nutrition Education and Training Program. 1985-86

FORMAT: 18 p. + 1 chart

FNIC NO.: TX361.C5P52

SOURCE: FNIC

ABSTRACT: Educational materials used in "Planning Nutritious Snacks for Children," a workshop sponsored by the Texas Nutrition Education and Training (NET) Program, are provided in this resource packet. Training objectives of the workshop were to teach participants to: 1) plan nutritious and tasty snacks that meet regulations of the Child Care Food Program, 2) involve children in the preparation of snacks, and 3) read nutrition labels and use the Food Buying Guide for Child Nutrition Programs to recognize reimbursable and nonreimbursable foods and beverages. Types of information provided by the workshop handouts include: 1) types and quantities of foods in selected food groups that meet Child Nutrition Program regulations, 2) breads and bread alternates for Child Nutrition Programs, 3) types of information provided on nutrition labels, 4) common weight and volume equivalents, 5) guidelines for planning nutritious and appealing snacks, and 6) suggestions for involving children in snack preparation. Sample exercises can be used to test participants' knowledge of reimbursable snack components and snack planning skills; answer keys are provided.

DESCRIPTORS: Reference works; Workshops; Resource materials; Snacks; Menu planning; Regulations

85. **Sanitation & health: Rules on food service sanitation**
Austin, TX: The Texas Dept. of Human Resources, Nutrition Education and Training Program. 1984-85

FORMAT: 2 vols. with various pagings

FNIC NO.: TX911.3.S3S3

SOURCE: FNIC

ABSTRACT: The Sanitation and Health workshop is designed for food service workers. The purpose of the program is to protect public health by establishing adequate standards for all food service operations. The program discusses the importance of personal hygiene and ways to reduce the growth of harmful bacteria through proper sanitation techniques; proper food handling, preparation, and storage; and effective dishwashing and pest control techniques.

DESCRIPTORS: Teaching materials; Food service training; Food sanitation; Food handling; Food safety; Hygiene; Pest control

86. **Little things mean a lot**
New York, NY: Nutrition Education and Training Program, Office of School Food Services, New York City, Board of Education. 1984

FORMAT: 1 film reel (14 min.); 16 mm

FNIC NO.: LB3475.L56 F&N AV

SOURCE: FNIC

ABSTRACT: A live-action film depicts students participating in the school lunch program. A student describes how she and other students perceive the school lunch program, lunchroom and food service personnel. These perceptions begin to change when a nutrition committee is formed. The committee is created to improve the school lunch program and handle complaints. School personnel, parents and students participate in the nutrition committee.

DESCRIPTORS: Audiovisual aids; School food service; Institutional food service; Food intake; Intermediate grades; School lunches

87. **Fruit & vegetable preparation: School food service personnel curriculum guide**
St. Paul, MN: Minnesota Dept. of Education. 1984

FORMAT: 147 p.

FNIC NO.: TX811.F68
F&N B-3912

SOURCE: FNIC

ABSTRACT: A curriculum guide for fruit and vegetable preparation developed for school food service instructors covers: 1) the principles and techniques of fruit and vegetable preparation; 2) fruit and vegetable requirements of the school lunch program; 3) how to purchase fruits and vegetables and take advantage of seasonal variations; and 4) how to use fruits and vegetables as garnishes. For each of four 3-hour classes, learning objectives, learning activities, class content, and resources and handouts are given. In addition there are an introduction, a course abstract, instructor and student information, and visual aids.

DESCRIPTORS: Instructional materials; Curriculum guide; Food service training; Fruits; Vegetables; Food preparation; Meal patterns

88. **Nutrition education ideas for school food managers**
Atlanta, GA: Georgia Dept. of Education. 1980

FORMAT: 5 vols.

FNIC NO.: TX364.N887

SOURCE: FNIC

ABSTRACT: Nutrition education activities that school food service personnel can use to promote good nutrition to school children are introduced in this series of pamphlets from the Georgia Nutrition Education and Training (NET) program. Guidelines are provided for enhancing the success of nutrition education and training programs; for getting school staff and administrators more involved in promotional activities; and for encouraging food service personnel to improve personal dietary practices. A different set of activities that considers specific characteristics of the particular age group is described for children in: 1) kindergarten through grade 2, 2) grades 3- 5, 3) grades 6-8, and 4) grades 9-12. A separate brochure outlines general guidelines and project ideas for initiating parental involvement in nutrition education programs in local school systems.

DESCRIPTORS: Reference works; Program development; Guidelines; Learning activities; School food service; School children

89. **Arkansas food service child nutrition program handbook**
Little Rock, AR: State of Arkansas, Dept. of Education. 1982

FORMAT: 1 vol., loose-leaf, 14 sections with various pagings

FNIC NO.: TX911.A74 F&N B-3385

SOURCE: FNIC

ABSTRACT: This handbook encourages school food service personnel to make their services an integral part of the school's educational program, which will ultimately improve the health of the children. Sections cover: the Child Nutrition Program; nutrition and meal planning; management and personnel organization; accounting and record keeping; sanitation and safety; United States Department of Agriculture (USDA)-donated foods; food procurement and storage; quantity food production; equipment and facility planning; and human relations and communications. A final section provides ideas, suggestions and ways to implement nutrition education through the use of the cafeteria as a learning laboratory.

DESCRIPTORS: Instructional materials; Food service training; School food service; Meal planning; Food production; Food safety

90. **Comprehensive training school food service personnel course No. IV: Menus, the key to school nutrition**
Charleston, WV: Department of Education. 1987

FORMAT: 2 vols.

FNIC NO.: TX728.C61987

SOURCE: FNIC

ABSTRACT: The basics of planning nutritious menus for school food service programs are outlined in this training manual. It consists of both a participants' edition and a teachers' edition. Key topics include: 1) federal meal pattern requirements, 2) the "offer versus serve" regulation, 3) the basics of menu planning, 4) menu planning systems and menu evaluation criteria, and 5) types of meal service (salad, sandwich and breakfast bars, family style, smorgasbord, restaurant service, continual service, bag lunches). A variety of teacher materials which can be made into transparencies are provided to illustrate key concepts.

DESCRIPTORS: Training; Menu planning; School food service; Resource materials

91. **School food service training manual**
Houston, TX: Aldine Independent School District. 1985

FORMAT: 1 vol. with various pagings

FNIC NO.: TX911.5.S3 1985

SOURCE: FNIC

ABSTRACT: A series of food service training lessons is presented in this comprehensive manual from the Aldine Independent School District in Houston, Texas. Lessons were developed by school district supervisors, managers, and employees and represent the initial step in compiling a complete training series for all levels of school food service personnel. Lessons were pilot-tested and evaluated before inclusion in the manual. Lessons are categorized into the following content areas: 1) care and use of equipment, 2) communications/public relations, 3) inventory control, 4) meal patterns/nutrition, 5) ordering/receiving, 6) food preparation (vegetables, meat and poultry, breads, sandwiches, leftovers), 7) quality control, 8) recipes/recipe files, 9) record keeping, 10) safety, 11) sanitation, 12) food service, 13) supervision, and 14) work scheduling/organization. Each training lesson includes goals, objectives, time requirements, recommendations on class size, a list of materials needed, teaching guidelines and procedures, suggested learning activities, handouts, and references. Supplementary information is provided on writing lesson plans, planning an inservice workshop, and keeping accurate food service training records and reports.

DESCRIPTORS: Reference works; School food service; Workshops; Training; Lesson Plans; Learning activities; Resource materials

92. **Speak out on child nutrition**
Baltimore, MD: Educational Support Services Branch, Maryland State Dept. of Education, Produced by Washington County, Maryland, Public Schools, Division of ITV. 1986

FORMAT: 1 videocassette (33 min., 33 sec.); 3/4 in. + 1 program summary

FNIC NO.: Videocassette No. 139 F&N

SOURCE: FNIC

ABSTRACT: Developed by the Maryland State Department of Education for inservice training of school food service personnel, this interview-format program has as its objective the improvement and understanding of Child Nutrition Programs. Specifically considered are the National School Lunch Program and School Breakfast Program. Experienced professionals in school food service in Maryland, featured in the tape, discuss various facets of school feeding in Maryland: legislative histories, program administration, and nutritional benefits of school meals. How the program is monitored is also addressed.

DESCRIPTORS: Audiovisual aids; Food service training; Nutrition programs; School breakfasts; School lunches; History; Legislation

93. **SuperVision**
Baltimore, MD: Educational Support Services Branch, Maryland State Dept. of Education. 1986

FORMAT: 1 vol. (various pagings)

FNIC NO.: TX911.3.M27S9

SOURCE: FNIC

ABSTRACT: This sequel to "Menu Mastery" reviews skills for school cafeteria management. The leader's guide includes: program overview; pretest; instructor's guidelines for each segment of the program; lesson plans; participant handouts; transparencies; and a post-test. Content of the 5-day course includes the importance of communication; influencing behavior/motivational techniques; benefits of training employees; training techniques; time management; discipline; and performance evaluations. Various discussion formats, case studies, and inbasket activities assist the learning process.

DESCRIPTORS: Food service management; Management education; Curriculum guides

94. **Speakeasy**
Baltimore, MD: Maryland State
Dept. of Education. 1988
- FORMAT:** 1 vol., loose-leaf
- FNIC NO.:** TX364.S6
- SOURCE:** FNIC
- ABSTRACT:** This instructor's manual is intended to be used in a 30-hour course which trains school food service personnel on the topic of nutrition. The major objective of the Speakeasy course is to provide participants with the skills and confidence to serve as a resource person in their school (e.g., plan and present nutrition education classroom activities).
- DESCRIPTORS:** School lunchrooms; Cafeterias; Nutrition, study and teaching
95. **Prepare with pride: Quantity food preparation**
Baltimore, MD: Maryland State
Department of Education,
Educational Support Services
Branch. 1984
- FORMAT:** 2 vols.
- FNIC NO.:** TX820.P7
- SOURCE:** FNIC
- ABSTRACT:** This two-volume work is a course in quantity food preparation designed specifically for school food service employees. The overall goal of the course is to improve the quality, acceptability, and nutritive value of meals served under the Child Nutrition Program by improving the skills and increasing the knowledge of food service employees. The training program encourages a positive attitude by food service employees toward their jobs. The instructor's guide contains information and materials necessary to conduct the course. This volume contains handouts, classroom activities and instructor's resource sheets on quantity cooking and baking methods, procedures, and equipment. The volume of reference materials contains supplementary data to be used with the course. The reference materials include: "Discovering vegetables: The nutrition education guidebook for school food service managers," "Menu planning guide for school food service," "Food buying guide for child nutrition programs," and "Offer versus serve guidance."
- DESCRIPTORS:** Quantity food preparation; Food service management; School food service; Teaching materials
96. **Kitchen math workbook**
Austin, TX: Texas Department of
Human Resources. 1985
- FORMAT:** 20 p. and 13
transparencies
- FNIC NO.:** TX356.K5
- SOURCE:** FNIC
- ABSTRACT:** The principles of accurate and efficient purchasing of food and supplies are demonstrated in this workshop. The workshop is designed for food service personnel involved in the procurement of food and/or supplies for licensed public and private nonprofit schools or day care centers. Participant objectives include: 1) Acquiring the basic math skills needed to solve problems related to purchasing, 2) calculating food quantities needed to service children and adults participating at individual facilities, and 3) completing the forms required by child care food programs. A kitchen math workbook provides instructions and sample problems on basic math principles related to purchasing and calculating appropriate food quantities for standardized and adjusted recipes. A food purchasing workbook outlines the purchasing process, how to adjust standardized recipes, and how to use the Food Buying Guide to purchase selected foods (meat and meat alternates, fruits and vegetables, bread and bread alternates, milk products). A food service purchasing supplement gives suggestions on what, when and how much to buy when purchasing foods.
- DESCRIPTORS:** Food service training; Food purchasing

97. **Serve safe, serve smart**
Baltimore, MD: Maryland State
Department of Education,
Educational Support Services
Branch. 1986

FORMAT: 116 p. and 13
transparencies

FNIC NO.: TX820.S4

SOURCE: FNIC

ABSTRACT: This course is designed to provide entry-level school food service personnel with the information they need to handle food in a safe and sanitary manner. Section 1 of the course addresses the importance of temperature control and the relationship of food temperatures to the control of bacterial growth. Participants learn techniques which speed foods through the temperature danger zone and have "hands-on" experiences which demonstrate how these techniques work. Section 2 continues to heighten consciousness of participants to sanitary food-handling procedures. Methods and techniques for protecting prepared and ready-to-serve food from bacteria, for sanitizing contact surfaces, and for avoiding cross-contamination are thoroughly covered. This section also covers portion control and "offer versus serve" regulations and criteria. Daily lesson plans and overhead transparencies are provided for learning enhancement.

98. **Menu mastery**
Baltimore, MD: Maryland State
Department of Education, Program
Assistance and Monitoring Section.
1985

FORMAT: 1 teacher's manual, 1
sound cassette, 1 pamphlet,
3 transparencies, 113 slides, 3
games

FNIC NO.: F&N Kit No. 4

SOURCE: FNIC

DESCRIPTORS: Food service training; Food safety; Sanitation; Food serving methods

ABSTRACT: This inservice course is designed to enable school cafeteria managers to: 1) further the goals of child nutrition programs by planning menus which are nutritionally balanced, meet U.S. Dept. of Agriculture meal pattern requirements, are acceptable to students and are cost effective; 2) obtain food for child nutrition programs that meets specifications for quality and quantity at the best available price; and 3) develop a procedure to receive and store food systematically, preserving the letter and the spirit of contracts, specifications and agreements. This course is intended to equip a manager with an indepth comprehension of the reasons and procedures associated with the school cafeteria manager's job. After completion of this course, managers should be able to make more informed decisions, implement workable procedures in their kitchens to improve operations and to explain policies and procedures to their staff.

DESCRIPTORS: Food service training; Food service management; Menus

99. **A correspondence course for school food service. School food service manual.**
Berge, Lorna
Grand Forks, ND: University of North Dakota, Division of Continuing Education, Department Correspondence Study. 1985

FORMAT: 121 p.

FNIC NO.: TX911.5.M6

SOURCE: Department of Correspondence Study, Division of Continuing Education, Box 8277, University Station, University of North Dakota, Grand Forks, ND 58202

Cost: \$6.00 plus \$1.00 shipping for the course; \$8.00 plus \$2.00 shipping for the manual

ABSTRACT: Ten correspondence lessons provide instruction in basic nutrition facts, menu planning, food purchasing and preparation, sanitation and safety, nutrition education, and food service management. Each lesson lists reading assignments from the School Food Service Manual and USDA Publications, and assignments (worksheets, questions, projects). All assignments are to be completed independently and evaluated by the instructor. No written examinations are required.

DESCRIPTORS: Instructional materials; Correspondence study; Menu planning; Food purchasing; Food preparation; Sanitation; Equipment maintenance

100. **Good food for preschoolers: The kids are special**
Edmonds, Arline
Storrs, CT: Connecticut Nutrition Education and Training Program. 1986

FORMAT: 86 slides, 1 training manual, 52 handout masters

FNIC NO.: Slide No. 205 F&N

SOURCE: FNIC

ABSTRACT: Developed by the Connecticut Nutrition Education and Training Program, this training manual and slide series for food service workers in preschool programs includes a variety of information and handouts. Sanitation, a good eating guide, vitamins A & C, iron, calcium, meats, eggs, and cheese comprise nutrient topics. Facets of food preparation, portion control, standardized recipes and other operational components are other lesson topics included. Each lesson states time allocation and objectives and outlines specifics for presentation, including appropriate handouts and other materials. A script of the slide presentation is also included.

DESCRIPTORS: Food service training; Food preparation; Child nutrition

101. **Food production & service: A course in child care for vocational/technical schools**
Gordon, Ruth W.; Cantrell, Sallie; Lamb, Dean et al.
Atlanta GA: Georgia State University, Dept. of Community Health Nutrition. 1982

FORMAT: 290 p.

FNIC NO.: TX911.5.F585
F&N B-3500

SOURCE: FNIC

ABSTRACT: A 30-hour course curriculum for vocational and technical schools is presented to assist professional child care personnel in applying the principles of food service operations to their system. Emphasis is placed on menu planning, food purchasing, meal production, and meal service. Food preparation activities have been included. The course is designed for use in child nutrition training programs, but selected sections of the material can be directly integrated into ongoing nutrition courses or into various courses on preschool facility management.

DESCRIPTORS: Instructional materials; Post secondary education; College curriculum; Food service management; Child care workers; Child care centers; Food preparation; Supervisory training

102. Snacks for children (Bocadillos para niños)

Kotris, S.
Austin, TX: Cleveland State University and Texas Dept. of Human Services, Nutrition Education and Training Program. 1983

FORMAT: 16 p.

FNIC NO.: TX341.F5

SOURCE: FNIC

LANGUAGE: Spanish

ABSTRACT: This booklet was developed by Cleveland State University and was translated into Spanish by the Texas NET Program. This guide provides a 12-week rotation of snacks which have been chosen for their nutritional value and popularity with children. Many snacks can be prepared by children and each weekly snack list is accompanied by a grocery list.

DESCRIPTORS: Child feeding; Snacks; Recipes

103. Preparing food for preschoolers, a guide for food service personnel

Lundin, Janet; O'Malley, Edward T.
Sacramento, CA: California State Dept. of Education. 1983

FORMAT: 38 p.

FNIC NO.: TX820.P74

SOURCE: FNIC

ABSTRACT: Helping children to develop positive attitudes toward nutritious foods which will lead to maintaining good eating habits throughout their lives is the major objective of this guide developed for food service personnel. Appearance, texture, and taste are important factors making food appealing to children. Food preparation practices that encourage good eating habits in children and menu planning suggestions are described. Specific guidelines are given for preparing meat, fish, vegetables, and fruits. Descriptions are provided for family style, buffet style, cafeteria style and picnic style meal service. Suggestions for bag lunches and picnics give procedures for the preparation of sandwiches, vegetables, fruits, and beverages and for the protection of foods. Other topics include eating utensils, nutritional concerns, cultural foods and menus, and food allergies. A table presents meal patterns for children 1-3, 3-6, and 6-12 years of age, showing foods and the number of servings of each required in meals and snacks. Appendixes include a food substitution guide for common allergies and snack and cultural recipes.

DESCRIPTORS: Quantity cookery; Education (Preschool); Reference works; Food service; Preschool children; Meal patterns; Menu planning; Food habits; Food preferences; Seasonings; Taste; Food preparation; Food service training

104. A training manual for school food service personnel

Musgrave, Katherine O.; Webber, Susan
Augusta, ME: School Nutrition Programs Division, State of Maine, Dept. of Educational and Cultural Services. 1985

FORMAT: 1 vol., loose-leaf

FNIC NO.: TX911.5.M8 1985

SOURCE: FNIC

ABSTRACT: The curriculum is designed for instruction of school food service personnel in the State of Maine and is based on competencies essential for employment for directors, managers I and II, specialists (cook/baker) and assistants. The modules are grouped in training segments and are planned to allow increased competency. Topical areas include: 1) nutrition principles, 2) quantity food production, 3) equipment, 4) sanitation and safety, 5) meal service and 6) food service math as a basic introduction. Additional units for managers include procurement, personnel relations, purchasing equipment, teaching and merchandising.

DESCRIPTORS: Teaching materials; Study guides; Food service training; School food service; Equipment; Quantity food preparation; Personnel management; Food purchasing; Nutrition information; Food sanitation; Food safety

105. **School food service**
Rawson, Rosemary
St. Paul, MN: Nutrition Education
and Training Program, Minnesota
Dept. of Education. 1980

FORMAT: 113 slides + 1 sound
cassette (12 min.) + 1 discussion
guide (4 p.)

FNIC NO.: TX911.S38 F&N AV

SOURCE: FNIC

ABSTRACT: Designed to make parents and school personnel aware of the scope of contemporary school food service, the slide/tape presentation focuses on how Minnesota's food service adapts to the sophistication and diversity of the American lifestyle. Innovative delivery systems, techniques for increasing school lunch participation, and issues facing school food programs are discussed and illustrated. Programs based on the philosophy of students as consumers and methods by which nutrition education is being brought into the classroom also are shown. The accompanying discussion guide describes the purpose of the module, provides a brief history of the school lunch program, and reviews both the current lunch pattern/nutritional requirements and the U.S. Dietary Guidelines. Small-group project ideas which stimulate interest and involvement in school food service programs are offered for PTA groups, faculty, community members and food service personnel.

DESCRIPTORS: Instructional materials; Adult education; School food service; Innovation; Food delivery systems; Student participation; Food habits; Offer vs. serve

106. **The cafeteria learning experience:
A nutrition activity guide for
school food service managers**
Waskom, Denise M.
Baton Rouge, LA: Bureau of Food
and Nutrition Services, Louisiana
State Dept. of Education. 1980

FORMAT: 46 p.

FNIC NO.: TX364.C3

SOURCE: FNIC

ABSTRACT: Developed as a nutrition education guide for school food service managers, this book presents cafeteria-related activities and ideas that utilize the school cafeteria as a "learning laboratory." Creating the right cafeteria atmosphere, dealing with staff/student attitudes, merchandising nutritious food, lunchroom manners and kitchen tours comprise some of the program implementation topics. Included are several activity suggestions, as well as poster pages for bulletin displays.

DESCRIPTORS: Teaching materials; Activity books; Elementary education; School food service; Cafeterias

107. **Colorado school food services
handbook**
Wisotzkey, Daniel G. et al.
Denver, CO: The Colorado Dept. of
Education, Child Nutrition Unit.
1983

FORMAT: 152 p.

FNIC NO.: LB3479.U5C6
F&N E-4473

SOURCE: FNIC

ABSTRACT: A handbook for school food service personnel, designed to incorporate the principles of food service and nutrition education, is presented. Each chapter has a list of behavioral objectives (e.g., list and describe five out of seven child nutrition programs) based on the information presented. A knowledge test also is included at the end of each chapter. The discussion covers: 1) school food service programs, 2) nutrition and menu planning, 3) nutrition education, 4) merchandising, 5) management, 6) purchasing—let the buyer beware, 7) recordkeeping, 8) school food service program aids, 9) sanitation, 10) safety, 11) equipment operation and cleaning, and 12) energy conservation.

DESCRIPTORS: Menus; Food marketing and distribution; Purchasing; Recordkeeping; Food hygiene; Sanitation; Equipment; Energy; Teaching materials; Textbooks; Food service training

108. **School food services:
Home economics 10: Four
continuing education units**
Zancanella, Jean
Laramie, WY: The University of
Wyoming, Correspondence Study
Department. 1987

FORMAT: 1 vol.

FNIC NO.: TX820.Z3

SOURCE: FNIC

ABSTRACT: This correspondence course was designed to broaden the knowledge of food service workers about nutrition, food service, and school food service programs. Topics include nutrition, menu planning, food purchasing, food preparation, and students with special needs.

DESCRIPTORS: School food service; Food service management

Professional and Teacher Education

109. **Nutrition and physical fitness**
Austin, TX: Nutrition Education and Training Program of the Texas Dept. of Human Services. 1985-86

FORMAT: 3 vols. + 16 transparencies

FNIC NO.: RA784.N846

SOURCE: FNIC

ABSTRACT: The Nutrition and Physical Fitness Workshop is designed to teach any staff involved with physical fitness, health, sports, and coaching about nutrition and physical fitness. This 5 1/2 hour program aims to dispel any myths regarding nutrition and athletics. The workshop covers such topics as the basic food groups and nutrients, general nutritional needs, carbohydrate loading, pregame meals, weight control, and the benefits of exercise.

DESCRIPTORS: Teaching materials; Teacher education; Nutrition programs; Physical activity; Fitness; Workshops; Lesson plans; Curriculum guides

110. **Teaching nutrition: A nutrition education inservice for elementary teachers**
Bismark, ND: North Dakota State University, Food and Nutrition Department, Nutrition Education and Training Program, Department of Public Instruction, State Capitol. 1985

FORMAT: 11 vols.

FNIC NO.: TX364.T4

SOURCE: NET Program, Child Nutrition and Food Distribution Programs, Department of Public Instruction, State Capitol-11th Floor, 600 E. Boulevard Ave., Bismarck, ND 58505-0440.

Cost: \$30.00 for 11-volume set. Volumes not sold separately.

ABSTRACT: The "Teaching Nutrition" set includes 11 volumes that are self-contained so that no additional preparation or materials are necessary to conduct the teacher inservices. Each module contains a set of presenter materials (with an introduction, objectives, script, and activities) and reproducible participant materials. A set of 10 Nutrition Education Activity Sets is also available to supplement this teacher inservice modules set.

DESCRIPTORS: Teaching materials; Teacher education

111. Florida N.E.T.-working: A nutrition education and training program for parents, teachers, food service personnel and administrators

Tallahassee, FL: State of Florida, Dept. of Education, NET Project Staff. 1984

FORMAT: 179 p.

FNIC NO.: TX364.F547 F&N B-3800

SOURCE: FNIC

ABSTRACT: A 2-day curriculum provides training in child nutrition education for school district teams in order that they may, in turn, provide followup nutrition education training to parents, food service personnel, teachers, and administrators. The first day includes three related sessions designed to enhance the effectiveness of the teams as trainers. A brief outline and handouts are provided for each of these sessions. The second day involves eight sessions covering the simulation of a program which can be used directly by the teams, with little or no modification, for providing followup training in their respective school districts. The second day also provides information on: 1) initiating child nutrition programs, 2) the functions of a nutrition education team, 3) a nutrition education curriculum, 4) basics for merchandising a quality school food service program, 5) nutrition education approaches for training teachers, administrators, and parents, and 6) a sample evaluation instrument to obtain inservice education credit.

DESCRIPTORS: Instructional materials; Curriculum guides; Teacher education; Nutrition programs; Child nutrition; Diet improvement; Public health; Guidelines

112. School nutrition policies
Baltimore, MD: Maryland State Dept. of Education Nutrition and Transportation Services Office, Program Assistance and Monitoring Section. 1988

FORMAT: 10 sheets + 1 poster

FNIC NO.: TX360.U62M3

SOURCE: FNIC

ABSTRACT: This nutrition policies packet for schools was designed by the Maryland State Department of Education, Nutrition and Transportation Services Office, to provide assistance in promoting good eating habits among students and a general concern about health and wellness. Components of the packet are: suggestions pertaining to school principals, teachers and food service personnel regarding how to promote good eating habits among students; examples of nutritious foods to be used for school events; a list of resources for nutrition education materials and services available from the Maryland State Department of Education, Nutrition and Transportation Office; and two posters to display in school entitled "Make the Grade With Good Nutrition."

DESCRIPTORS: Teaching materials; Elementary education; Secondary education; Eating habits; School food service

113. **Criteria for selecting instructional materials for nutrition education**
Lubbock, TX: Education Service Center. 1979

FORMAT: 13 p.

FNIC NO.: TX364.C73
F&N E-3592

SOURCE: FNIC

ABSTRACT: A question format defines criteria which enable nutrition educators to select instructional materials which ideally suit their needs and objectives. Questions are categorized under these criteria: 1) content accuracy, 2) scope and sequence, 3) compatibility with learner needs, 4) compatibility with teacher needs, 5) degree of student-teacher involvement, 6) environmental factors, 7) flexibility/adapt- ability, 8) cost, and, 9) general features. These questions stimulate the user to think carefully and critically when selecting materials for nutrition education. Cautions in choosing appropriate materials are suggested, and a ratings chart helps the educator make a final decision on using the materials.

DESCRIPTORS: Reference materials; Evaluation criteria; Media selection; Selection; Needs assessment; Information needs; Resource materials

114. **Nutrition and the preschool child: A workshop for teachers**
Austin, TX: Texas Dept. of Human Resources. 1984

FORMAT: 13 p.

FNIC NO.: LB1587.N8T4

SOURCE: FNIC

ABSTRACT: These materials (a participants manual and a guide to conducting the workshop) provide information on conducting a workshop for teachers entitled "Nutrition and the preschool child." This workshop intends to assist teachers in preparing and conducting appropriate nutrition education activities for the preschool child based upon the child's nutrition needs, habits, behaviors, and preferences. Recognition of common nutrition-related health problems of the preschool child and utilization of classroom cooking activities to promote muscle development, sensory discrimination, and counting and number experiences for the preschool child are discussed. A description of the Nutrition Education and Training Program Lending Library and a 10-page bibliography of available resources are provided.

DESCRIPTORS: Teacher training; Child nutrition

115. **Inservice: NET Education Program inservice (guide to Florida nutrition education: A basic skills approach)**
Tallahassee, FL: Florida Nutrition Education and Training Program. 1987

FORMAT: 1 videocassette
(60 min., 1/2 in. VHS)

FNIC NO.: Videocassette No. 442

SOURCE: FNIC

ABSTRACT: This video explains the contents of the rewritten version of the K-6 nutrition education curriculum entitled "Florida nutrition education: A basic skills approach." The current title of the curriculum guide is "A guide to nutrition education for the elementary teacher." The seven titles in this curriculum guide are: "Munch a bunch food fair," "The green thumb garden gang," "The land of nutrition," "Mission energy," "Digestion journey," "A nutrient dig," and "Camp calorie." These items include Apple computer software for use by the students.

DESCRIPTORS: Audiovisual aids; Teacher education

116. **Nutrition mission** Burstein, John
Owings Mills, MD: Maryland
Instructional Television. 1985

FORMAT: 4 videocassettes: Eating
for health, Nourishing, Choosing
wisely, Building consumer
skills (VHS 69 min.); 1/2 in. + 1
participant manual, 1 leader's guide

FNIC NO.: Videocassette
No. 220 F&N

SOURCE: Maryland Instructional
Television, 11767 Bonita Avenue,
Owings Mills, Maryland
21117. 301-356-5600.

Cost: \$90.00 for the full set of tapes
and one of each manual. Additional
manuals may be ordered.

ABSTRACT: This nutrition education inservice package was developed by Maryland Instructional Television, in cooperation with the Maryland State Department of Education, for use with elementary school teachers. The package is designed to increase teachers' awareness of the health and behavioral effects of eating patterns, and to assist teachers in applying nutrition concepts in classroom curriculums. The inservice kit consists of: 1) four television programs titled "Eating for Health," "Nourishing," "Choosing Wisely," and "Building Consumer Skills," 2) a participant manual, and 3) a leader's guide. The participant manual provides an overview of each program, including a description of objectives, a summary, and a glossary. Suggestions for classroom activities based on program topics, and activity sheet masters are also included. The leader's guide provides guidelines for planning, scheduling, conducting, and evaluating inservice workshop sessions for teachers. Discussion questions, workshop activities and formats, and pre- and post-quizzes with answers and explanations are included. Various promotional materials (buttons, stickers, rubber stamps, principal's press kit) accompany the program.

DESCRIPTORS: Audiovisual aids; Teacher education; Workshops;
Elementary schools; Class activities

117. **Activity guide for staff and
parents (part of Target Nutrition:
Nutrition education tactics)**
Croce, Angela
Lattuca San Diego, CA: San
Diego City Schools. 1980

FORMAT: 60 p.

FNIC NO.: TX364.C745
F&N E-4467

SOURCE: FNIC

ABSTRACT: An activity guide for teaching staff, food service personnel, and parents is presented for instructors who teach nutrition to these groups. The information is designed to provide a nutrition educator with resources, lessons, and strategies for teaching basic nutrition. The guide is divided into three parts. Part 1 contains seven 1-hour lessons for use in workshops or as individual lessons. Part 2 suggests ways to reach parents and others in the community who are not able to attend formal training. Part 3 identifies resource people who can speak at workshops and inservice sessions particularly in southern California. Resource materials are identified.

DESCRIPTORS: Adult education; Curriculum; Teaching materials;
Activity books; Food service training

118. Nutrition education and the school site administrator (part of Target Nutrition: Nutrition education tactics)

Croce, Angela Lattuca
San Diego, CA: San Diego City Schools. 1980

FORMAT: 6 p.

FNIC NO.: TX364.C749
F&N E-4424

SOURCE: FNIC

ABSTRACT: A brief outline designed to help school site administrators implement an interdisciplinary nutrition education program in elementary schools presents specific techniques which have been used in San Diego schools. Five areas are discussed and suggestions offered for each area. Plate waste was decreased by scheduling recess before lunch and changing the cafeteria atmosphere. Food service personnel received inservice training in nutrition education and behavior modification. Classroom teachers were trained in general nutrition and strategies for teaching nutrition. Lesson plans and activity guides were developed to incorporate nutrition into other subjects. Parents and the community were involved in nutrition activities in a number of ways, such as nutrition fairs. Nonnutritious foods were removed from the school campus through a concerted effort by the administrator, teachers, parents and food service personnel.

DESCRIPTORS: Reference materials; Administrator role; Administrator responsibility; Nutrition programs; Nutrition policy; Nutrition planning

119. Software for computer assisted nutrition analysis: A comparative study

Hamilton, Charlene
Framingham, MA: Framingham State College. 1987

FORMAT:
Approx. 130 p.

FNIC NO.: TX551.H33

SOURCE: Charlene Hamilton,
Department of Home Economics,
Framingham State College, 100
State Street, Framingham,
MA 01701.

Cost: \$20.00

ABSTRACT: This is a reference text for dietitians, food scientists, and others involved or interested in the use of computer-assisted nutrient and food composition databases. It describes the design and results of a study that sought to assess the validity and reliability of information generated when 23 different microcomputer software programs representing databases containing from 106 to 3300 foods were used to analyze a standard three-meal, 1-day menu including only plain, simple foods. The results using all 23 programs and databases were compared for up to 13 nutrient categories (calories, protein, carbohydrate, fat, cholesterol, thiamin, riboflavin, niacin, vitamins A and C, and Fe, Ca, and Na) for overall consistency (within 10 percent) with values determined using USDA Handbook 8. A wide range of agreement was found, ranging from excellent (6/6) to good (10/13 to 11/13) to poor (1/13). Foods identified as the major causes of differences among the programs are discussed. A table of reliability of nutrient values for different nutrients for the 23 databases is included. The detailed software review form and sample printouts obtained from the use of the databases are appended.

DESCRIPTORS: Computer programs; Reference works; Food composition; Databases; Computer software; Nutritional value; Menu planning; Nutrient intake

120. **Nutrition education training manual: A nutrition education course for elementary school teachers**
Long, Elaine M.
Boise, ID: Idaho Nutrition Education and Training Program. 1983

FORMAT: 208 p.

FNIC NO.: TX364.L59
F&N B-3663

SOURCE: FNIC

ABSTRACT: An instructional guide for teachers contains 10 units with lesson plans for a graduate level nutrition education course including a course outline, a pretest and post test, a course project, a nutrition education activity list, recipes for healthy eating, and a list of nutrition resources available in Idaho. This is offered for 1 graduate credit and can be extended to 2 credits depending upon time and resources available. The manual provides a basic framework for networking nutrition education opportunities.

DESCRIPTORS: Instructional materials; Teacher education; Educational programs; Lesson plans; Learning activities; Recipes; Resource materials; Curriculum

121. **An evaluation of nutrition education software**
Plummer, Patricia
Framingham, MA: Framingham State College. 1986

FORMAT: 36 p.

FNIC NO.: TX364.P55

SOURCE: Charlene Hamilton,
Department of Home Economics,
Framingham State College, 100
State Street, Framingham,
MA 01701.

Cost: \$15.00.

ABSTRACT: An evaluation of nutrition education software designed for use in public schools was conducted by Framingham State College with funding from the Commonwealth of Massachusetts Department of Education. The project results served as the basis for a resource guide developed for public school teachers and nutrition educators. Approximately 40 software packages were evaluated for scientific accuracy as well as usefulness as an educational tool. The "Microcomputer Software Evaluation Instrument" from the National Science Teachers Association was used for the evaluation. Nutritional accuracy was evaluated and rated by nutrition faculty and senior nutrition majors. Usefulness as an educational tool was evaluated and rated by teachers during inservice workshops on software or during actual classroom use as part of a food and nutrition course. The quality of the software evaluated was found to vary greatly, and to have substantial effect on the software's usefulness as a teaching tool. Recommendations for improving the accuracy and appropriateness of the nutrition data, the quality of programming, and the computer's potential in nutrition education are provided.

DESCRIPTORS: Reference works; Computer software; Resource materials; Evaluation

Parent Education

122. **Assist your teen: Here's how (part of Project TEEN)**
Yanceyville, NC: Caswell County Schools, Food Service Division. 1980

FORMAT: 76 p.

FNIC NO.: TX364.P7674
F&N C-2534

SOURCE: FNIC

ABSTRACT: A guide for parents provides basic nutrition facts to assist their teenagers to assume the responsibility for their own health and nutritional well-being. Basic nutrient needs of teenagers are described. The minimum daily requirements for an average teenage diet are provided along with common facts and fallacies related to foods, nutrition, and diet. Basic information covers: weight control, school lunch, Recommended Dietary Allowances (RDA), and party snacks. A list of agencies that can assist parents is included (e.g., Caswell County (NC) Dept. of Social Services).

DESCRIPTORS: Instructional materials; Parent education; Adolescents (12-19 years); Nutrient requirements; Food habits; Self-care; Basic nutrition facts

123. **What can we feed our kids?**
Boston, MA: The Commonwealth of Massachusetts, Department of Education, Division of School Facilities and Related Services, Bureau of Nutrition Education and School Food Services. 1986

FORMAT: 14 p.

FNIC NO.: RJ206.W4

SOURCE: FNIC

ABSTRACT: This booklet is designed to assist parents and caretakers of children in helping children to develop sound eating habits which promote good health. Based on the U.S. Department of Agriculture and U.S. Department of Health and Human Services dietary guidelines, this publication provides tips on meal planning, innovative breakfast ideas, nutritious snacks, information about the food groups, and facts about the school lunch and breakfast programs. Information on the Child Care Food Program, common nutritional problems of children, recipes, and nutrition resources are included.

DESCRIPTORS: Child nutrition; Food groups; Dietary guidelines; School lunch; School breakfast

124. **Nutrition and handicapped children**
Wellman, Nancy S.
Miami, FL: Florida International University, School of Health Sciences, Dept. of Dietetics and Nutrition. 1988

FORMAT: 40 p.

FNIC NO.: TX361.H3N87
F&N C-2663

SOURCE: FNIC

ABSTRACT: Basic information and practical suggestions are provided for parents and teachers, concerning the prevention or treatment of common nutrition problems of retarded or handicapped children. Each common nutritional problem is discussed separately and practical lists of do's and don'ts are offered. Topics covered include: loss of appetite and the underweight child (introduce new and fortified foods when most hungry); overweight (limit intake, encourage exercise, food substitutions, etc.); infant pica (check blood lead levels); allergies (use of specific food substitutes); tooth decay (nutritional guidelines); constipation (regular feeding and sleeping schedule; high fiber foods); vomiting, diarrhea, fluid loss (fluid intake supplements); gagging and rumination; and disruptive mealtime behavior. Also includes special information on school lunch feeding patterns. General information is given on food texture, hyperactivity vs. diet, and drug-nutrient interactions. A nutritional risk checklist is provided. Separate reading lists for parents and teachers are appended.

DESCRIPTORS: Instructional materials; Parent education; Teacher education; Handicapped children; Retarded children; Dietary factors; Therapeutic nutrition; Eating disorders; Patient care; Guidelines

125. **Life-cycle nutrition needs for school-age mothers and fathers (Requisitos nutricionales del ciclo de la vida para madres y padres de edad escolar)**

Westpheling, Kathie; Vinson, Sara Jane; Groll, Lorelei
San Jose, CA: Santa Clara County Health Dept., Child Health and Disability Prevention Program. 1982

FORMAT: 40 p.

FNIC NO.: TX361.Y6W452 1982
F&N B-3739

SOURCE: FNIC

LANGUAGE: Spanish

ABSTRACT: The curriculum presents basic, practical lesson plans that are realistic for school age parents and school age mothers. Topics areas include: dental health, nutrition and pregnancy, breastfeeding, nutritional requirements, nutritious meal and snack planning, food needs of infants and young children, consumerism, fruit and vegetable preparation, community resources and school food service. Each class is based on a 50-minute format using audiovisuals to present principles and handouts as reinforcements. A corresponding snack is served and the recipe is provided. Weekly quizzes with answers and a resource address list are provided.

DESCRIPTORS: Instructional materials; Secondary grades; Parent education; Curriculum guides; Nutrition information; Pregnant women; Nutrient requirements; Breast feeding; Infant nutrition; Child nutrition; Consumer education; Food preparation; Home

Part II

Literature Citations Concerning NET

NET Planning, Evaluation, and Program Support

126. A report on the evaluation of the Nutrition Education and Training Program in North Carolina

Chapel Hill, NC: The Institute of Nutrition of the University of North Carolina

FORMAT: Currents, The Journal of Food, Nutrition & Health. 2 (2):18-19, 1986.

FNIC NO.: TX341.C87

ABSTRACT: In evaluating the Nutrition Education and Training Program (NET) in North Carolina, two authorities concluded it to be successful in achieving its goals in spite of certain difficulties. Distributing curriculum materials, developed or purchased, to appropriate school teachers appeared to be a major difficulty. The curriculum was designed to teach children the value of a balanced diet through positive lunchroom/classroom experiences and to train teachers and school food service personnel to carry out the efforts. Congress passed Public Law 95-166 in 1977. How the effectiveness of this program was evaluated in a questionnaire survey of participating teachers (NET and non-NET participating schools) is described. Results showed that problems with the program would be greatly alleviated by having a Health Education Coordinator. Overall, the assessed impact on students regarding nutrition education was positive and should be continued.

DESCRIPTORS: Federal programs; School children; Program evaluation

127. A needs assessment for nutrition education in Louisiana

Baton Rouge, LA: Louisiana State University. 1980-81

FORMAT: 3 vols.

FNIC NO.: LB1587.N8N4

SOURCE: FNIC

ABSTRACT: This three-volume study reports the results of a project which surveyed a sample of Louisiana teachers, principals, and students to determine the current status of nutrition education in the schools. This assessment, mandated by Public Law 95-166, was necessary for the development of a planned program of nutrition education and training in all grades throughout the State. The report provides data on teachers, principals, and students in such areas as demographic information, nutrition education background, attitudes concerning nutrition, nutrition knowledge, nutrition patterns, and the use of nutrition education materials in classrooms.

DESCRIPTORS: Knowledge; Attitudes; Students; Teachers; Principals; Louisiana

128. Managing a lean NET program
Armstrong, Harold R.; Root, David B.
Washington, DC: Community Nutrition Institute

FORMAT: The Community Nutritionist. 2(1):8-10, January/February 1983

FNIC NO.: TX341.C64
F&N

ABSTRACT: Funding for the Nutrition Education and Training (NET) Program has decreased from 50 cents per child to about 9 cents per child; therefore, most states have had to reorder priorities to obtain maximum exposure and reach the greatest possible number of students, teachers, and food service personnel with nutrition information. Ways Ohio has met this challenge include: developing local resources; maintaining visibility; conducting research and development; and carrying out evaluation.

DESCRIPTORS: Federal aid; Cost effectiveness; State aid; Financial support; Technical assistance

129. Adapting a nutrition education evaluation to field and political realities

Banta, T. W.; Cunningham, J.L.; Jozwiak, W.W.; McCabe, M.P.; Skinner, J.D.
Oakland, CA: Society for Nutrition Education

FORMAT: Journal of Nutrition Education. 17(2):41-43, June 1985

FNIC NO.: TX341.J6

ABSTRACT: A 3-year plan, developed for evaluating all major components of Tennessee's Nutrition Education and Training program, was subsequently was modified to accommodate budget cuts and conditions encountered in the evaluation setting. A description of the evaluation plan, its adaptation to accommodate actual field and political factors, and its overall utility are provided. Positive features emerged that can strengthen evaluations of other nutrition education programs are discussed.

DESCRIPTORS: Program evaluation; Program development; Guidelines

130. Third annual evaluation report for Project TEEN

Clawson, Barbara
Yanceyville, NC: Caswell County Schools, Food Service Division. 1981

FORMAT: 74 p.

FNIC NO.: TX364.P7678
F&N E-4216

SOURCE: FNIC

ABSTRACT: An annual evaluation report for the 1980-81 school year covers the third year of a 3-year project to establish a viable health and nutrition program for middle-school children. The program attempts to prepare young teenagers to assume responsibility for their health and nutritional status. In the third year, 46 percent of the students scored 70 percent or more on a nutrition assessment inventory (NAI) test, compared with 24% in the 1979-80 school year. Attitudes toward desirable health and nutrition (e.g., for greater food variety), as measured by the attitude section of the NAI, improved notably. Food habits improved over the 3-year project period, with students consuming significantly more fruits and vegetables and significantly less milk, meats, pastry, sweets, and chips. The project saw a decrease in dental caries, in abnormal anthropometric measurements, and in abnormal urinary protein and specific gravity. Performance on six physical fitness tasks improved from 1979 to 1981 in both sexes. Improved California Achievement Tests (CAT) scores also were noted.

DESCRIPTORS: Nutrition programs; Diet improvement; Adolescents (12-19 years); Program evaluation; Dietary factors; Curriculum planning

131. Second annual evaluation report for Project TEEN

Clawson, Barbara
Yanceyville, NC: Caswell County Schools. 1980

FORMAT: 59 p.

FNIC NO.:
TX364.P7677
F&N E-4215

SOURCE: FNIC

ABSTRACT: An evaluation report for the 1979-80 school year covers the second year of a 3-year project to establish a viable health and nutrition program for middle-school children. The program attempts to prepare young teenagers to assume responsibility for their health and nutritional status. The mean score on the knowledge section of a nutrition assessment inventory test was higher than for 1979, and a greater proportion of the scores were 70 percent or higher. Significant increases in vegetable and fruit intakes and in physical fitness performances (for both sexes) also occurred. Scores on the California Achievement Test (CAT) improved beyond a pre-established objective level.

DESCRIPTORS: Nutrition programs; Diet improvement; Adolescents (12-19 years); Program evaluation; Dietary factors; Curriculum planning

- 132. Nutrition knowledge and attitudes of Virginia secondary students and teachers, final report**
Cunningham, Daisy L.;
Burge, Penny L.
Richmond, VA: Nutrition Education and Training Office, Virginia Dept. of Education. 1985
- FORMAT:** 12 p.
- FNIC NO.:** TX364.C8
- SOURCE:** FNIC
- ABSTRACT:** In this survey of students and teachers from 20 Virginia high schools, information was gathered to ascertain current knowledge and attitudes about nutrition, to determine the extent of nutrition education activities of specified subject area teachers, and to provide state-level decision makers with baseline information for directing future educational policy. Frequency of meals, exercise habits and weight loss diets comprise some of the general topics statistically addressed in the tables. Results are also grouped by age, sex, subject area taught, and teacher responses. Overall recommendations include the need for more and improved nutrition education in the classroom.
- DESCRIPTORS:** Surveys; Teachers; Students; Nutrition knowledge; Food beliefs
- 133. Conducting a needs assessment for nutrition education and training: A guidelines manual for State educational agencies Food and Nutrition Service**
Educational Consulting Services
Cranston R.I.
Washington, DC: U.S. Dept. of Agriculture. 1978
- FORMAT:** 74 p.
- FNIC NO.:** TX364.U538
F&N E-3331
- SOURCE:** FNIC
- ABSTRACT:** Needs assessment for State educational agencies involved in nutrition education and training should be simple, flexible, efficient and produce valid, usable results. The process is designed to minimize discrepancies between the actual and ideal, whether they are materials, time or human resources; it encompasses five phases—organizing, setting objectives, collecting information, identifying needs, and developing the plan. The various methods for accomplishing these steps are presented along with resource information, criteria for setting priorities, rating plans and tally sheets, and examples for setting up committees.
- DESCRIPTORS:** Needs assessment; Program planning; Evaluation criteria; Program development; Educational programs
- 134. A project to determine the nutritional needs of residential child care institutions in Louisiana from October 1979 to July 1980; Nutrition education needs assessment report, residential child care institutions**
Geraldson, Ann C.
Baton Rouge, LA: Bureau of Food and Nutrition Services, Louisiana State Dept. of Education. 1980
- FORMAT:** 54 p.
- FNIC NO.:** TX361.C5G4
- SOURCE:** State of Louisiana, Department of Education, Food and Nutrition Services, P.O. Box 94064, Baton Rouge, LA 70804-9064.
- ABSTRACT:** In order to assess nutritional needs of and to adequately develop nutritional education materials for residential child care institutions in the State of Louisiana, a State/Federally-funded research survey was undertaken involving 98 institutions housing people under 22 years of age. Based on responses to a mail-in survey, the questions covered topics such as: use of government-funded nutrition programs, willingness to utilize nutrition information materials, population of the institutions, population dietary problems, and educational levels of instructors. Based on survey results, improved nutritional care is indicated on several levels for institution residents. A thorough analysis of the data is included in the report.
- DESCRIPTORS:** Residential day care; Institutions; Needs assessment; Surveys

- 135. Establishing the need for nutrition education: IV. Evaluation of dietary intakes of elementary school children**
 Gilbert, Lora E.; Newell, G. Kathleen; Vaden, Allene G.; Dayton, Arthur D.
 Chicago, IL: The American Dietetic Association
- ABSTRACT:** Levels of energy intake and selected nutrients in the diets of elementary school children, as observed in a Kansas Nutrition Education and Training Program needs assessment project, are reported. For almost half of the girls and boys in the study, energy intakes exceeded 100 percent of the Recommended Dietary Allowance (RDA); for most of the students, protein intakes exceeded 125 percent of the RDA. Magnesium, iron, and vitamin B6 were the nutrients most limiting in the diets. Implications for nutrition education are discussed.
- FORMAT:** Journal of the American Dietetic Association. 83(6): 681-686, December 1983
- DESCRIPTORS:** Needs assessment; Elementary school students; Caloric intake; Nutrient intake; Recommended Dietary Allowances; Nutritional adequacy
- FNIC NO.:** 389.8 AM34
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- 136. Hawaii's nutrition education needs assessment: Summary version of the final report**
 Lai, Morris K.Y. et al.
 Honolulu, HI: Curriculum Research and Development Group, University of Hawaii. 1980
- ABSTRACT:** The full final report of the needs assessment for Hawaii, which provides a literature review, methodology analysis, data analysis and results sections, is summarized. Each section of the report is described briefly; major findings are summarized and presented in table form. The seven goals developed by the State Nutrition Advisory Council are described in order of priority. Recommendations for training of teachers, staff, school managers, and health personnel are presented in a two-page summary. For methodology, instruments or more details, consult the complete report.
- FORMAT:** 14 p.
- FNIC NO.:** TX364.H381
 F&N E-4105
- DESCRIPTORS:** Adult education; Needs assessment
- SOURCE:** FNIC
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- 137. Establishing the need for nutrition education: II. Elementary teachers' nutrition knowledge, attitudes, and practices**
 Soliah, Lu Ann L.; Newell, G. Kathleen; Vaden, Allene G.; Dayton, Arthur D.
 Chicago, IL: The American Dietetic Association
- ABSTRACT:** Data on nutrition knowledge, attitudes, and practices and nutrition education practices from a survey of elementary teachers are reported. The study was part of a statewide needs assessment to provide data for planning the Kansas Nutrition Education and Training Program. Teachers who had completed a nutrition course or who were currently teaching nutrition had higher scores than did teachers who had no nutrition training or who were not teaching the subject. In general, knowledge scores correlated positively with scores on nutrition-related attitudes and practices and with nutrition education practices.
- FORMAT:** Journal of the American Dietetic Association. 83(4):447-453, October 1983
- DESCRIPTORS:** Needs assessment; Elementary school teachers; Nutrition knowledge; Attitudes; Nutrition concepts
- FNIC NO.:** 389.8 AM34

**138. Establishing the need for
nutrition education: I**

Methodology

Vaden, Allene G.; Newell, G.
Kathleen; Dayton, Arthur D.; Foley,
Cynthia S.
Chicago, IL: The American Dietetic
Association

FORMAT: Journal of the American
Dietetic Association. 83(4):441-446,
October 1983

FNIC NO.: 389.8 AM34

ABSTRACT: Methodology for a comprehensive needs assessment project to provide baseline data for planning a statewide nutrition education and training program is described. The project had three major phases: developmental, data collection, and data analysis and interpretation. The first two are summarized. Data on nutrition education, attitudes, and dietary and nutrition education practices were collected from school food service personnel and elementary teachers, using standard survey methods. Procedures for onsite visits to 97 randomly selected schools to collect test, anthropometric, and dietary data from more than 3,000 fifth grade students are described.

DESCRIPTORS: Needs assessment; Nutrition knowledge;
Methodology; Attitudes; School food service; School personnel; Diet
information; Elementary school students

NET Program Descriptions

139. **A Preventive health program for nutrition education T.E.N.N. implementation plan, grades 7-12; Tennessee educates for nutrition now (T.E.N.N.)**

Memphis, TN: Memphis City Schools, Division of School Food and Nutrition Services. 1985

FORMAT: 7 p.

FNIC NO.: TX364.P747

SOURCE: FNIC

ABSTRACT: A report from the Memphis City Schools Division of Food and Nutrition Services describes a preventive health program which included a sequential nutrition education curriculum in grades 7-12 in Memphis, Tennessee, schools during the 1984-85 school year. The program demonstrated the impact that nutrition education has on behavior and diet modifications as related to lifestyle changes, health, wellness, and academic achievement. The plan structure covered: 1) specific concepts to be incorporated into the existing curriculum for grades 7-9 (wellness, risk appraisal, snack improvement, daily food selection, teen nutrition) and for grades 10-12 (consumer education, food and nutrition concerns, problemsolving, computerized dietary analysis, community nutrition) 2) demographic projections for target audiences 3) multischool nutrition education implementation 4) teacher training and evaluation sessions 5) program scheduling over the academic year 6) evaluation of results and 7) program accomplishments.

DESCRIPTORS: Reference works; Training; Children; Adolescents; Program evaluation; Health education; Health promotion; Public schools

140. **Education helps teenagers alter their food habits**

Carroll, A.
Denver, CO: American School Food Service Association

FORMAT: School Foodservice Journal. 40(10):52-53, December 1986

FNIC NO.: 389.8 SCH6

ABSTRACT: In an effort to help students commit themselves to a healthier lifestyle, a high school in Louisiana has taken an innovative approach to the topic of fitness. Concerned about low female participation in the school lunch program, questionable salad bar selections, excessive snacking and misconceptions about sports nutrition, a meaningful nutrition education unit was developed. The program begins with students completing a 24-hour dietary recall based on the food groups. Following sessions feature dietary guidelines, weight management, salad building, snacking, and sports nutrition. Topics are presented by involving students in various activities. The program was developed by the Louisiana Cooperative Extension Service and the Nutrition Education and Training Program of the State.

DESCRIPTORS: High school students; Weight control; Eating habits; Dietary guidelines; Behavior modification

141. **Have a heart**

Cline, T.J.; Cuning, S.L.
Denver, CO: American School Food Service Association

FORMAT: School Foodservice Journal. 39 (8):99-100, November/December 1985

FNIC NO.: 389.8 SCH6

ABSTRACT: "Valentine Vision," an innovative project promoted by the Massachusetts Department of Education Nutrition Education and Training Program (NET), was designed to encourage food service directors and educators to teach students about world hunger. The project is a classroom activity in which children in the U.S. learn about world hunger and mail valentines to children in other countries to show their concern. Massachusetts NET assisted in the Valentine Vision project by providing interested teachers and food service directors copies of their Learning Activity Packet on World Food Problems. A list of suggested activities adapted from the NET Learning Activity Packet, a Valentine's Day school lunch menu that can be used to promote Valentine Vision, and a recipe for "Cupid's Peach Cobbler" are provided.

DESCRIPTORS: World food problems; Students; Learning activities

142. Nutrition super stars: Interim report

Davidson, Meg et al.
Phoenix, AZ: Nutrition Education and Training Program, Food and Nutrition Division-Arizona Dept. of Education. 1981

FORMAT: 79 p.

FNIC NO.: TX364.N87

SOURCE: FNIC

ABSTRACT: Objectives, activities, and outcomes associated with two projects funded by a Nutrition Education and Training Program (NET) grant from the Arizona Department of Education are summarized in this interim report. Projects, conducted by the Nutrition Super Stars project staff at the University of Arizona, were: 1) the revision and field-testing of the Nutrition Super Stars curriculum kit and 2) operationalization of Arizona's NET regional resource centers. The Nutrition Super Stars curriculum kit promotes a team-based approach to nutrition and fitness education for elementary students. It consists of a team member curriculum guide, student activity spiritmaster work book, photocopy masters for parent newsletters, and 20 lesson plans with training information and student activity suggestions. The revised curriculum kit was field-tested by 50 fifth and sixth grade classes in 22 Arizona schools. Evaluation components include: 1) behavioral survey change data; 2) analysis of pretest/posttest knowledge and attitude change scores; and 3) evaluations of the program by teachers, administrators, parents, and students. Operationalization of the Arizona NET regional resource centers consisted of reorganizing five existing centers and establishing two new centers. Standardized procedures for holdings and loan protocols were established. A catalog of resource center materials and brochures and press releases publicizing the centers were developed.

DESCRIPTORS: Curriculum guides; Fitness; Elementary schools; Resource materials

143. The play's the thing

Northup, Lindelle Clark; Lasswell, Anita B.
Washington, DC: Community Nutrition Institute

FORMAT: The Community Nutritionist. 2(3):13-17, May/June 1983

FNIC NO.:
TX341.C64 F&N

ABSTRACT: The Rhode Island NET program funded a project known as Nutritional Education Through the Arts designed to augment and reinforce teacher training in nutrition education by motivating children through direct participation in live drama. An activities manual was designed to assist teachers with followup ideas as well as parent projects. The play about vegetables calls for children to be dressed as vegetables while actors explain the foods' nutritional composition, why they were good to eat, and how to prepare them; cut-up carrots were served after the performance. Primary grade followup materials were designed to be integrated into the curriculum; preschool activities were incorporated into lessons about color, shape, size, texture, and food identification. Randomly selected sites received questionnaires, which were sent home to parents, 89 percent of whom responded that the children had discussed the play with them. About 40 percent responded that their children had learned a specific nutrition concept, a willingness to try new foods, choose better snacks, eat more slowly, and wash hands more frequently. Over 75 percent found the information sheets useful.

DESCRIPTORS: Elementary school students; Preschool education; Dramatic play; Teaching techniques

- 144. Oregon conference promotes a decade of wellness**
 Raker, M.
 Denver, CO: American School Food Service Association
- FORMAT:** School Foodservice Journal. 40(10):70-76, December 1986
- FNIC NO.:** 389.8 SCH6
- ABSTRACT:** A week of health promotion on the Oregon coast brought together teachers, principals, food service workers, counselors and nurses from many Oregon schools. Objectives of the conference were to involve participants in increased nutrition awareness, particularly through school meals. Specific goals to be achieved by 1990 were outlined in terms of risk factor reductions, increase in public professional awareness of dietary factors, and improvement in nutrition education programs. The Nutrition Education and Training program has provided much of the funding for the annual conference. How the conference was structured as well as results of followup surveys of individual school programs are discussed.
- 145. Every little bite counts: Nutrition education activities for school food service personnel**
 Richey, Roberta
 Jefferson City, MO: Nutrition Education and Training Program, Missouri Dept. of Health. 1988
- FORMAT:** 59 p.
- FNIC NO.:** LB3479.U5E9
- SOURCE:** Complementary single copy to NET Coordinators. Additional copies \$2.50 each from the Missouri Department of Health, Jefferson City, MO
- DESCRIPTORS:** Wellness; School food service; School health services; Health promotion
- ABSTRACT:** This manual intends to instruct school food service personnel about school children's nutritional needs in order to ensure that students are provided with nutritional meals that contribute to their emotional as well as physical development. A variety of activities are suggested to raise the nutritional quality of school meals and project a positive image of the cafeteria to the school community (i.e. students, faculty, and parents). Activities include: a nutrition poster contest, a kitchen tour, a tasting party, letters to parents, and other classroom activities.
- DESCRIPTORS:** School children; School food service
- 146. Nutrition education hits big**
 Scanlon, Donna
 Denver, CO: American School Food Service Association
- FORMAT:** School Foodservice Journal. 38(6):118-120, September 1984
- FNIC NO.:** 389.8 SCH6
- ABSTRACT:** Nutrition education has been a part of the school program of Lafayette, Indiana School Corporation Food Service Department since 1977, when a nutritionist was hired to provide nutrition information to third grade teachers. Later, Nutrition Education and Training grants provided funds for the expansion of the program to grades K-12. A nutrition newsletter, "Nutrition Notes", publicizes the services and materials available. The Nutrition Education Guide, a teacher resource publication, and an annotated catalog of the audiovisual materials available were developed. A nutrition education resource center is available to teachers and students.
- DESCRIPTORS:** Resource centers; Elementary education; Secondary education; Teaching methods

147. An integrative nutrition education framework for preschool through grade 12

Skinner, J.D.; Cunningham, J.L.; Cagle, L.C.; Miller, S.W.; Teets, S.T.; Andrews, F.E.
London, England: J. Libbey

FORMAT: Human Nutrition: Applied Nutrition. 17(3):75-80, August 1985

FNIC NO.: TX341.H82

ABSTRACT: An integrative nutrition education framework developed for preschool through grade 12 was based on review of the literature, Tennessee's needs assessment, and consultation with an advisory board. Four goals, developed as a basis of the nutrition education plan include: 1) understanding the relationship between nutrition and health 2) the relationship between individual and environmental characteristics and food-related behavior, 3) the physical and chemical properties of food and 4) the nature and means for resolution of food-and nutrition-related concerns.

DESCRIPTORS: Teaching materials; Curriculum guides; Elementary education; Secondary education; Children; Adolescents

148. Nutrition education programs developed by NET programs

Sacramento, CA: Nutrition Education and Training Program, Health, Nutrition, and Physical Education Unit, California State Department of Education. 1987

FORMAT: 132 p.

FNIC NO.: Z5814.F7N8

SOURCE: FNIC

ABSTRACT: This bibliography contains descriptions of educational materials developed by nutrition education and training programs throughout the United States. The purpose of this list is to assist state NET coordinators and others in maximizing the use of existing resources as they develop and implement nutrition education programs. Items include curriculum guides, books, films, slides, videocassettes, computer software, posters, games, and toys.

DESCRIPTORS: Teaching materials; Bibliographies

Applications and Access to Resources

- 149. Nutrition & fitness materials developed by NET Programs**
U.S. Dept. of Agriculture, Food and Nutrition Service, Midwest Region, Nutrition and Technical Services Staff. 1984
- FORMAT:** 14 p.
- FNIC NO.:** aZ5814.F7N8
- SOURCE:** FNIC
- ABSTRACT:** A broad range of educational materials focusing on nutrition, exercise, and fitness are cited in this bibliography. Types of materials include curriculum guides and teaching kits, videotapes, slides/audiocassette programs, and computer software packages. Citations include a brief description of each set of materials and information on cost, target audience, and how to order the item. Citations are listed according to the names of the 18 states that developed materials.
- DESCRIPTORS:** Reference works; Resource materials; Bibliographies; Exercise; Fitness; Nutrition programs; Federal Government
- 150. Suggested resource list. 4th revised ed.**
Madison, WI: Wisconsin Dept. of Public Instruction. 1985
- FORMAT:** 72 p.
- FNIC NO.:** Z5814.F7S9
- SOURCE:** FNIC
- ABSTRACT:** This resource list is intended to serve as a guide for local school personnel in the selection of nutrition education resource materials. The list is divided into 20 subject matter categories, and the intended audience ranges from preschool to adult. Type of material on the list includes books, curriculum packages, films, filmstrips, cassettes, videocassettes, posters, pamphlets, slides, transparencies and a musical play.
- DESCRIPTORS:** Educational resources; Audiovisual aids
- 151. Nutrition Education and Training Program media catalog**
Buller, Ann; Sparkman, Alexa; Brown, Sally
Austin, TX: Texas Dept. of Human Resources. 1984-85
- FORMAT:** 2 vols.
- FNIC NO.:** TX364.N82
- SOURCE:** FNIC
- ABSTRACT:** The Texas Department of Human Resources has developed a Nutrition Education and Training Program Media Catalog which gives a list of the nutrition-related media available through the Nutrition Education and Training (NET) Program. Volume 1 contains titles and abstracts of all audiovisual materials available through the program, and Volume 2 contains an abstracted list of all available printed materials. In both volumes materials are divided into sections, such as books and pamphlets, or films, slides, and records. In each section, items are listed alphabetically for user ease. The NET library offers a wide variety of nutrition topics for all age groups.
- DESCRIPTORS:** Libraries; Nutrition programs; Nutrition aids; Information services; Audiovisual aids; Resource materials
- 152. A teacher's guide to 16mm. films available from the N.E.T. (Nutrition Education and Training) library**
Mydlenski, Paula M.
Charlotte Amalie, VI: Virgin Islands Dept. of Education, State Office of Child Nutrition Programs. 1987
- FORMAT:** 16 p.
- FNIC NO.:** Z5814.F7M9
- SOURCE:** FNIC
- ABSTRACT:** This bibliography is a list of 16mm films for use in nutrition education which are available from the Virgin Islands Nutrition Education and Training Library. The intended audience for these films ranges from preschool to adult.
- DESCRIPTORS:** Audiovisual aids from the New Jersey Department of Education; FNIC is the only source.

Part III

Updates and Late Arrivals

Updates for Selected Items Listed In "Promoting Nutrition Through Education: A Resource Guide to the Nutrition Education and Training Program" (1984)

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| <p>153. Nutrition education through the arts: a series of ten plays designed to teach children aged 4-6 all about food and its's (sic) relationship to good health (128)</p> | <p>ABSTRACT: This is no longer available from the Rhode Island Department of Education; FNIC is the only source.</p> |
| <p>154. Teacher as nutrition educator (350)</p> | <p>ABSTRACT: This item is no longer available from Dr. Kolasa; FNIC is the only source.</p> |
| <p>155. Trick or 'trition? Nutritious Halloween snacks (151)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>156. How to cover nutrition with NET bookcovers (215)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>157. Nutrition, your children and you (224)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>158. Nutrition education and training curriculum for the profoundly, severely, and moderately retarded (235)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>159. Picture cookbook (237)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>160. Nutrition education and food service management: a guide for day care personnel. 2nd edition (256)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>161. New Jersey nutrition education field trip guide (334)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>162. Nutrition education or teachers: Resource listing (340)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>163. Nutrition education through the arts: Teacher materials for a series of ten plays designed to teach children aged 4-8 all about food and its relationship to good health (129)</p> | <p>ABSTRACT: This item is no longer available from the Rhode Island Department of Education; FNIC is the only source.</p> |
| <p>164. Your nutrition quotient (442)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>165. Reading, writing & smoked salmon: An Alaskan nutrition curriculum guide (139)</p> | <p>ABSTRACT: This item is no longer available from the Alaska Department of Education; FNIC is the only source.</p> |

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| <p>166. An assessment of New Jersey school foodservice directors and managers and of past instructors regarding their needs and opinions concerning future school foodservice managerial training (357)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>167. Product evaluation of the great American eating machine, you (361)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>168. Finding out about food (386)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>169. Nutrition education programs for the classroom pre K-12 (413)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>170. Nutrition education training manual for family day care providers (414)</p> | <p>ABSTRACT: Single copies of this item are available free only to State NET programs from the New Jersey Department of Education.</p> |
| <p>171. Report of a survey of teachers' nurses' and parents' attitudes and knowledge of the nutritional needs of school-aged children (424)</p> | <p>ABSTRACT: This item is no longer available from the New Jersey Department of Education; FNIC is the only source.</p> |
| <p>172. Evaluation of the Tennessee nutrition education program (209)</p> | <p>ABSTRACT: This item is no longer available from the Tennessee State Department of Education; FNIC is the only source.</p> |
| <p>173. Basic nutrition education kits for public school systems (321)</p> | <p>ABSTRACT: This item is out of date and is no longer available from the Tennessee State Department of Education; FNIC is the only source.</p> |
| <p>174. The goody bag (353)</p> | <p>ABSTRACT: This item is out of date and is no longer available from the Tennessee State Department of Education; FNIC is the only source.</p> |
| <p>175. Tennessee NET pilot project. 1979-80 progress for people HEAD START and Cleveland, Tennessee Day Care Centers, Inc. (374)</p> | <p>ABSTRACT: This item is out of date and is no longer available from the Tennessee State Department of Education; FNIC is the only source.</p> |
| <p>176. Evaluation of the Tennessee NET program, Final report, October 1980 (based upon 1979 State plans) (363)</p> | <p>ABSTRACT: This item is out of date and is no longer available from the Tennessee State Department of Education; FNIC is the only source.</p> |
| <p>177. Nutrition and physical fitness reading list (409)</p> | <p>ABSTRACT: This item is out of date and is no longer available from the Tennessee State Department of Education; FNIC is the only source.</p> |

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| 178. The great American eating machine: You (79) | ABSTRACT: This item is now available at a cost of \$150 for each 15-minute lesson. This price includes shipping and handling. It may be ordered from Great Plains National: 800-228-4630. |
| 179. School food service quantity food production (308) | ABSTRACT: This item is no longer available from the Rhode Island Department of Education; FNIC is the only source. |
| 180. Tennessee educates for nutrition now: An instruction plan for preschool (32) | ABSTRACT: This item is no longer available from the Tennessee State Department of Education; FNIC is the only source. |
| 181. Tennessee educates for nutrition now: an instructional plan for kindergarten through grade 6 (146,352) | ABSTRACT: These items are no longer available from the Tennessee State Department of Education; FNIC is the only source. |
| 182. Food in Tennessee's prehistory and history (165) | ABSTRACT: This item is no longer available from the Tennessee State Department of Education. With the exception of VERY special requests (please contact the Tennessee NET Coordinator); FNIC is the only source. |
| 183. Tennessee educates for nutrition now: Nutrition education instructional plan, grades 7-9 (178) | ABSTRACT: This item is no longer available from the Tennessee State Department of Education; FNIC is the only source. |
| 184. Focus on food: Nutrition education for Tennessee's children (183) | ABSTRACT: This item is no longer available from the Tennessee State Department of Education; FNIC is the only source. |
| 185. Nutrition for preschoolers: A teacher's handbook for introducing nutrition education into preschool curriculum. (23) | ABSTRACT: This item is no longer available from the Contra Costa Day Care Nutrition Education Project; FNIC is the only source. |
| 186. Nutritional needs of teens (198) | ABSTRACT: This item is no longer available from the Tennessee State Department of Education; FNIC is the only source. |
| 187. Nutrition in bite size pieces....nutrition education in the K-6 classroom (132) | ABSTRACT: This item is no longer available from Dr. Kolasa; FNIC is the only source. |

Late Arrivals

1. A guide to nutrition education for the preschool teacher. FLORIDA
2. A preschool nutrition education curriculum. FLORIDA
3. Advanced menu planning. TEXAS
4. Anatomy of a successful nutrition education program. GEORGIA
5. The crunchy critter club: A nutrition education video presentation for early childhood programs (90 min. VHS videotape). GEORGIA
6. Exploring foods with young children: A recipe for nutrition education. GEORGIA
7. Good for you handbook: Strategies for improving students' dietary habits. GEORGIA
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